

MICHIPICOTEN FIRST NATION

Community Flyer



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Monday, February 1, 2016

STRENGTH to endure the pain,
WISDOM to think things through,
COURAGE to face the fears.

~2016~	Monday Feb 1	Tuesday Feb 2	Wednesday Feb 3	Thursday Feb 4	Friday Feb 5	Saturday Feb 6	Sunday Feb 7
Weather Conditions 6am-6pm							
	A few clouds	A mix of sun & clouds	Scattered flurries	Mainly sunny	A mix of sun & clouds	A few flurries	A few flurries
High	-12°C	-4°C	-9°C	-14°C	-5°C	-12°C	-13°C
Low	-14°C	-9°C	-22°C	-19°C	-12°C	-23°C	-13°C
24 hr snow	—	5 cm	1-3 cm	<1 cm	2-4 cm	5-10 cm	—

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BE THERE
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Marylou Kobzick will be in the community on
Thursday, February 4, 2016 @ 9:30am
for anyone wishing to see her.

Marylou originally thought she would be in on Tuesday, February 2, 2016,
her plans have changed from Tuesday to Thursday.

Closed

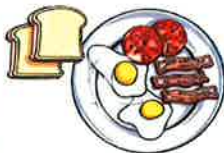
All Band Buildings will be closed on
Monday, February 15, 2016 due to Family Day



Diabetes Bingo

Thursday, February 18, 2016
@ 6:30 pm - Complex

Shirley Hale will visit the Community on:
February 22, 2016 - All Day
For anyone wishing to see her.



Community Breakfast

Thursday, February 25, 2016
@ 7:30am - Band Hall

Chief & Council Meeting

Thursday, February 25, 2016
@ 6pm - Band Hall

Hepatitis C Basics | CATIE - Canada's source for HIV and hepatitis C information

The basics on hepatitis C transmission, testing and how it affects the liver

What is hepatitis C?

Hepatitis C is a liver disease caused by the hepatitis C virus.

There are different hepatitis viruses that affect the liver. The three types that are common in Canada are hepatitis A, hepatitis B and hepatitis C.

People can get hepatitis C when blood carrying the virus gets into their bloodstream. Once inside, it infects the liver and causes damage to this very important organ. The more damage there is, the harder it is for the liver to do its job and people can become very sick.

For some people who get hepatitis C, the virus goes away on its own within the first six months after infection. For most people, the virus is still in the body after six months. At this point, hepatitis C will not go away on its own, but there is treatment that can clear (get rid of) the virus from the body.

There is no vaccine for hepatitis C.

The body can protect itself from many viruses. We call this immunity. It can sometimes do this on its own but it often needs the help of a vaccine.

There is no vaccine or other immunity against hepatitis C, so the only way to prevent hepatitis C is by avoiding the virus. Even people who get hepatitis C and clear the virus can get it again.

For more on hepatitis C statistics, please visit [Epidemiology of hepatitis C](#) in Strengthening Programming.

The liver

The liver is the largest organ inside the body, about the size of a football in the average adult. It is on the right side of the body, under the ribs.

The liver is important because it helps the body fight infections, clean toxins (poisons) from the blood, digest food and more.

The liver is very tough and even has the ability to heal itself. Still, hepatitis C and other viruses, alcohol and some prescription, over-the-counter and street drugs can cause permanent damage to your liver.

Protecting your liver is important... you cannot live without it!

Hepatitis C is spread through blood-to-blood contact

Hepatitis C is spread when blood carrying the virus gets into the bloodstream of another person.

- This usually happens through breaks in the skin or breaks in the lining of the nose and mouth.
- Hepatitis C is a strong virus and can live outside of the body for many days. This means that dried blood can also pass the virus.

These are some of the ways hepatitis C can get inside the body:

- **Using drug equipment that has been used by someone else**, such as needles, syringes, filters, cookers, acidifiers, alcohol swabs, tourniquets, water, pipes for smoking crack or crystal meth, and straws for snorting.
- **Getting a blood transfusion or an organ transplant that has not been screened for hepatitis C.** In Canada, the screening of donated blood and organs for hepatitis C started in 1990. In some other countries, blood wasn't screened for hepatitis C until more recently.
- **Re-using tools for activities that break the skin**, such as tattooing, body piercing, acupuncture and electrolysis. In tattooing, reusing needles as well as ink and ink pots can spread hepatitis C.
- **Re-using medical equipment that should only be used once**, such as needles for vaccines. Medical equipment that has been used with other people and not cleaned properly before being used again can also spread hepatitis C.
- **Sharing or borrowing personal items that might have blood on them**, such as razors, nail clippers and toothbrushes.

- **During pregnancy or childbirth.** A woman who has hepatitis C can pass the virus to her baby during pregnancy or childbirth.
- **Having unprotected sex where blood could be present.** For example, during anal sex, rough sex, sex during a woman's period or when one person has open sores.

For more on ways to prevent hepatitis C, please see [Prevention & Harm Reduction](#).

It is possible to have hepatitis C and another virus, such as HIV or hepatitis B. This is called co-infection and it can make the damage that hepatitis C does to your liver worse.

- HIV and hepatitis B can pass from one person to another in the same ways as hepatitis C.
- HIV can also get into the body through semen (cum and pre-cum), anal fluid, vaginal fluid and breast milk.
- **Hepatitis B** can also get into the body through semen (cum and pre-cum) and vaginal fluid. There is a vaccine to prevent hepatitis B. In Canada, children and some adults can get this vaccine for free.

Testing is the only way to find out if you have hepatitis C

There are close to 250,000 people living with hepatitis C in Canada. Many people who have hepatitis C don't know it.

Most people do not show any signs or symptoms until many years after getting hepatitis C.

- If and when people do have symptoms, they are very general and may feel like other illnesses.
- As the liver becomes more damaged, symptoms may include feeling tired all the time, body aches, dry and itchy skin, difficulty concentrating, forgetfulness and confusion (called "brain fog") or a yellowing of the skin and eyes (called jaundice).

The only way to really know is to get tested.

- If you think someone else's blood could have made its way into your body—even one time—or you feel unwell, visit your doctor or a health centre to talk about getting tested.

It takes two tests to know if you have hepatitis C.

Unlike some other viruses, **there are two separate blood tests for hepatitis C:**

The first test: Hepatitis C antibody testing is used to see if a person has ever come in contact with hepatitis C. When hepatitis C first enters the bloodstream, the immune system in the body produces antibodies against the virus. The hepatitis C antibody test looks for hepatitis C

antibodies in the blood. A negative test result means that a person has never come in contact with hepatitis C.

A **positive** test result means that a person came in contact with hepatitis C at some point. But, antibodies stay in the body even when someone clears the virus. Follow-up testing is important: The second test shows if the virus is still in the body.

The **second test: Virus testing** (called a PCR test, a viral load test or an RNA test) checks for active hepatitis C infection. A **negative** virus test result means that a person does not have hepatitis C. A **positive** test result means that a person does have hepatitis C.

For more on hepatitis C testing, please see [Testing for hepatitis C](#).

Stages of liver damage

Without treatment, damage to the liver gets worse over time.

These are the stages of liver damage:

- **Hepatitis C infection.** The hepatitis C virus enters the bloodstream, is carried to the liver and infects liver cells.
- **Inflammation.** Infected liver cells become damaged and some cells die. This causes the liver to swell. Most people won't even know this is happening.
- **Fibrosis.** Over time, scars may form on the liver. This is called fibrosis. How much fibrosis there is usually depends on how long a person has been infected with hepatitis C.
- **Cirrhosis.** As fibrosis increases over many years, the liver can harden and shrink. This is an advanced form of liver disease called cirrhosis.
- **Liver cancer or liver failure.** After a long period of time, people may get liver cancer or the liver can stop working (called liver failure).

Points to remember

- Hepatitis C is a virus that lives in the liver. It is spread through different kinds of **blood-to-blood contact**.
- A person can have hepatitis C for **many years without symptoms**, even though the virus may be damaging the liver.
- The only way to know if a person has hepatitis C is to **get tested**.

There is treatment for hepatitis C. Many people finish treatment and are able to get rid of the virus.



			Security Classification - Classification de sécurité
To A		All Ontario Region Nursing Stations, Clinics, and	
		Health Centres	Our File - Notre référence
From		Dr. Thomas Wong MD MPH CCFP FRCPC, Chief Medical Officer, Public Health First Nations & Inuit Health Branch	
De		Melanie Knight, BScN, Communicable Disease Education Coordinator FNIHB-Ontario Region	Your File - Votre référence
		First Nations & Inuit Health, Ontario Region	Date January 28, 2016

On January 22, 2016 the Canadian Food Inspection Agency issued a food recall warning for various Dole Fresh Vegetables Inc. pre-packaged chopped salads, salad blends and kits, and leafy green products in response to a possible *Listeria monocytogenes* contamination. This also includes some PC Organics products. This contamination is suspected to be linked to a current outbreak of Listeriosis affecting several U.S states and several Canadian provinces.

Background:

January 22, 2016 a food recall warning was issued on various Dole Fresh Vegetables Inc. pre-packaged chopped salads, salad blends, kits and leafy green products. This recall is a result of a suspected contamination at a Dole facility located in Springfield, Ohio. Various PC Organics salads, blends and leafy products processed at the same facility have also been recalled. The affected products can be identified using the product code. The product code is located on the upper right hand side of the packaging. Any product codes beginning with “A” are considered affected. An exact list of products can be found at the web address below.

<http://inspection.gc.ca/about-the-cfia/newsroom/food-recall-warnings/complete-listing/2016-01-22c/eng/1453522915084/1453522920123>

What is Listeria?

Listeria is bacteria found in food, soil, plants, sewage and other places in nature. When ingested Listeria can lead to a serious illness called Listeriosis. Few people who are exposed to Listeria will actually develop Listeriosis. Symptoms of Listeriosis include but are not limited to: vomiting, nausea, cramps, diarrhea, severe headache, constipation, persistent fever, poor coordination, neck stiffness and seizures.

Anyone who suspects they have consumed an affected product and experiences these symptoms should contact their health care provider immediately. Early diagnosis is a key component in the treatment of Listeriosis.

What is the risk for Canadians?

The Dole facility in Springfield Ohio distributes to New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island and Quebec.

As of now, there have been seven (7) cases of *Listeria monocytogenes* in five provinces related to this outbreak reported to the Public Health Agency of Canada. The cases are as follows: Ontario (3), Quebec (1), New Brunswick (1), Prince Edward Island (1), and Newfoundland and Labrador (1).

Those affected became ill between September 2015 and January 2016 and are suspected to have consumed packaged salad products from the Dole Facility in Ohio. Thus far, all cases have been hospitalized with one fatality. It has not yet been determined if *Listeria* contributed to the death. Of the Canadian cases, 71% are female, averaging 81 years of age.

Who is most at risk?

Pregnant women and their unborn/newborn children, adults 65 and over, and people with weakened immune systems are considered to be at the greatest risk of illness.

How to prevent Listeriosis?

Foods that are contaminated with *Listeria* may look, smell and taste normal. It is important not to eat any affected packaged salad products from Dole or PC Organics at this time. If you have purchased these products you are advised to discard them. Some of these products may have been used at your local grocery store to prepare premade salads. If you have purchased a premade salad from your local grocery store please contact them to inquire if Dole or PC Organic leafy greens were used.

As per the Public Health Agency of Canada, the following routine precautions should be taken:

- Thoroughly clean fruits and vegetables before you eat them. Wash your leafy greens under fresh, cool running water.
- Don't soak leafy greens in a sink full of water. They can become contaminated by bacteria in the sink.
- Thoroughly clean and sanitize all surfaces used for food preparation after handling foods in the kitchen, especially raw foods such as meat and fish.
- Read and follow all package labels and instructions on food preparation and storage.
- Cook foods thoroughly, using a clean thermometer to measure the temperature.
- To avoid cross-contamination, clean all knives, cutting boards and utensils used with for raw food before using them again.
- Refrigerate or freeze prepared food and leftovers within two hours.
- Defrost food in the refrigerator, in cold water or in the microwave, but never at room temperature.

- Keep leftovers for a maximum of four days, but preferably for only two to three days. Reheat leftovers to an internal temperature of 74°C (165°F) before eating them.
- Check the temperature in your refrigerator using a thermometer to make sure it is at 4°C (40°F) or below. The higher the temperature in your refrigerator, the greater the risk that *Listeria* may grow in foods. The risk of getting sick increases as the number of bacteria in food rises.
- Wash and disinfect your refrigerator frequently. The more often it is cleaned, the less chance there will be for *Listeria* to be transferred from contaminated food and surfaces to non-contaminated foods

What is the role of CHNs?

CHN's are to make this information available to their community. Educate your community on the recall and what steps they need to take. Inform the community on what signs and symptoms to look for. Those working in treatment centers should keep *Listeria* in mind when assessing patients who present with associated symptoms and make inquiries as to whether clients have consumed Dole or PC Organic packaged salads.

For additional information

Food Recall Warning - Certain Dole brand pre-packaged chopped salads, salad blends and kits and leafy greens and certain PC Organics brand leafy greens recalled due to Listeria monocytogenes, The Public Health Agency of Canada, January 2016 available online at

<http://inspection.gc.ca/about-the-cfia/newsroom/food-recall-warnings/complete-listing/2016-01-22c/eng/1453522915084/1453522920123>

Leafy Greens, The Public Health Agency of Canada, April 2015 available online at

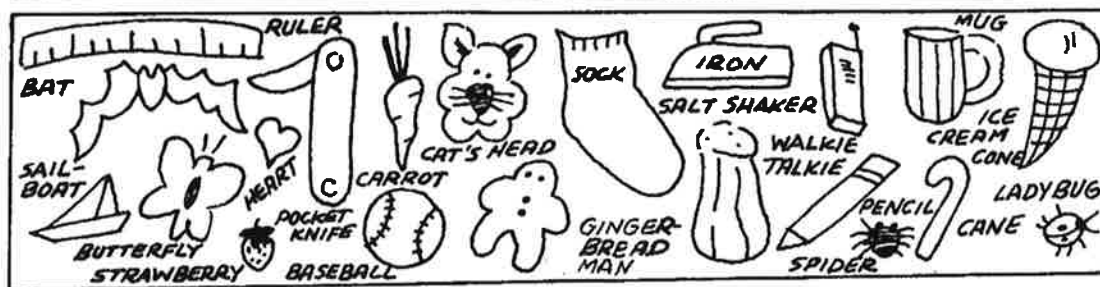
<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/fruits-vegetables-legumes-fruits/leafy-feuille-eng.php>

Listeria and Listeriosis, The Public Health Agency of Canada, January 2012 available online at

<http://healthycanadians.gc.ca/eating-nutrition/risks-recalls-rappels-risques/poisoning-intoxication/poisoning-intoxication/listeriosis-listeria-listeriose-eng.php>

Public Health Notice - Outbreak of Listeria; consumers advised not to consume packaged salad products from the Dole processing plant in Springfield, Ohio, The Public Health Agency of Canada, January 2016 available online at <http://www.phac-aspc.gc.ca/phn-asp/2016/listeria-eng.php>

Hidden Picture Puzzle: Groundhog Day



Free worksheet provided by www.elcivics.com. Copyright Liz Ball. To order Liz's hidden picture puzzle books, send \$5.95/book plus \$2.50 shipping to: Hidden Pictures, P.O. Box 63, Tipp City, OH 45371.