



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

HEALTH FOR ALL SCHOOLS E-NEWSLETTER

Facts on Vaping

Vaping may be less harmful than smoking, but it is still not safe for youth. Take some time to review the fact sheet: ['Talking with your teen about vaping'](#). This is a great resource for both parents and teachers.



Cannabis Posters to be Distributed to Schools

Cannabis is now legal, and youth need to know the facts! It has been almost three months since the Federal Government legalized non-medical cannabis use, with the minimum age of 19 years old to purchase and possess in Ontario, mirroring that of alcohol. Renfrew County and District Health Unit (RCDHU) has developed resources to raise awareness about the health related effects from cannabis use. Although evidence is still emerging, two messages that RCDHU would like prioritize regarding school-aged youth, include:

- [1. Avoid cannabis until the age of 25, as this is a key period of brain development.](#)
- [2. Cannabis use impacts one's ability to safely operate a motorized vehicle, and there is a zero tolerance policy for young, novice and commercial drivers.](#)

RCDHU will be distributing these cannabis posters to high schools. The posters will also be available on the RCDHU website. Should you have any questions, please do not hesitate to contact us.



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613-735-8666 1-800-267-1097, Ext. 666 www.rcdhu.com

The Voices of Renfrew County Youth

On December 17th, more than 40 people participated in a Renfrew County Youth Network event, presented by two local youth. Participants heard what local youth had to say. [The Renfrew County Youth Needs Assessment Report](#) includes three main themes:

- Young people enjoy growing up in Renfrew County and all that it offers.
- There is a concern about mental health and wellness among young people in Renfrew County.
- There is a lack of diversity within Renfrew County and young people know this is not representative of the world they live in.

Also included in the report are several recommendations on how you can get involved to support a Youth Engagement Strategy.



Avoid Getting Sick!

We want you to stay healthy this school year. Here are some techniques to reduce the risk of transmission of infectious diseases:

- wash your hands frequently,
- stay home if ill and encourage students to stay home if unwell,
- clean frequently touched surfaces such as door handles, telephones, keyboards, handrails, and shared items,
- [teach students to sleeve your sneeze and cover your cough.](#)



Still Haven't Got Your Flu Shot?

It's not too late! Thousands of Ontarians get the flu each year. Last year, Public Health Ontario reported 3500 Canadians died from influenza. Influenza changes each year, which is why RCDHU recommends an annual flu shot to protect against the current strain of influenza. To obtain your vaccination visit your family physician, local pharmacy, or [book into one of our clinics](#) by calling 613-735-8666 or 1-800-267-1097, Ext. 666.

Renfrew County and District Health Unit is committed to supporting teachers, students, and parents to implement health related programs that reflect the Ontario Health and Physical Education Curriculum, and the Ontario Public Health Standards. A Health Promoter or a Public Health Nurse is assigned to your school to assist with implementing the pillars of Comprehensive School Health including; social and physical environments, teaching and learning, healthy school policy, and partnerships and services. RCDHU also provides services that include; Immunization Clinics, Dental Screening, Food Safety Consultations, and Tobacco Control.

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