

THINK HEALTHY !

Français au verso
Number 5 June 2011

THE FAMILY
HEALTH NEWSLETTER

Think Safety Before Swimming

Summer will soon be here, but before heading to the local pool, beach or river, the Red Cross encourages everyone to take a moment to think about water safety.



Diving:

Neck and back injuries are common after diving incidents and can result in permanent paralysis.

- One of the major causes of spinal injuries is drinking and diving. Young men are at greatest risk.
- The majority of backyard pools are NOT designed for diving.
- **Never** dive into above ground pools.
- Think before you dive.
- Ensure water depth is at least 10 feet deep. Remember the depth of lakes or oceans can change due to tides or seasons. The length of a typical dive depends on a variety of factors, such as height of dive and size of diver.



Swimming:

- Learn proper swimming and safety techniques by enrolling children in Canadian Red Cross water safety classes.
- Be aware of your limitations. Don't go beyond your ability.
- When swimming in the ocean, be aware of the tides and currents and keep an eye on the shifting weather patterns.
- Know the signs of hypothermia.
- Supervise children at all times.
- Fence backyard pools and ensure gates have self-locking latches.
- Communicate and post pool rules. Keep emergency equipment and first aid kits close at hand.

Source: Canadian Red Cross / Water Safety Week : June 4-11, 2011

THINK HEALTHY ! is a bilingual newsletter published 5 times a year by Heritage Lower Saint Lawrence with the aim of transmitting information to individuals and families on health and to better understand services offered to the population, especially Anglophones. It is distributed in the areas served by Rimouski Hospital, including the Lower Saint Lawrence, Baie-des-Chaleurs, Gaspésie, North Shore and the Lower North Shore. The newsletters are made possible through funding by Health Canada for Community Health and Social Services Network (CHSSN), to its Networking and Partnership Initiative Program (NPI) and its Community Health Promotion Project (CHPP). For more information, do not hesitate to contact Marie-Claude Giroux at 418 936-3110 or heritage-npi@globetrotter.net.



Put safety first this summer



Is there anything better than a gorgeous sunny day? When the sun is out, more people spend time doing outdoor activities with family and friends.

It is important to be aware, however, that sun exposure has both positive and negative effects.

For more information on the risks associated with prolonged exposure to the sun and the measures you can take to protect yourself, visit <http://www.hc-sc.gc.ca/hl-vs/sun-sol/index-eng.php>

We also invite you to watch this short video on Health Canada's YouTube page.
<http://www.youtube.com/healthcanada#p/c/0/U984cWtmVIM>

Safety in, on, and around water

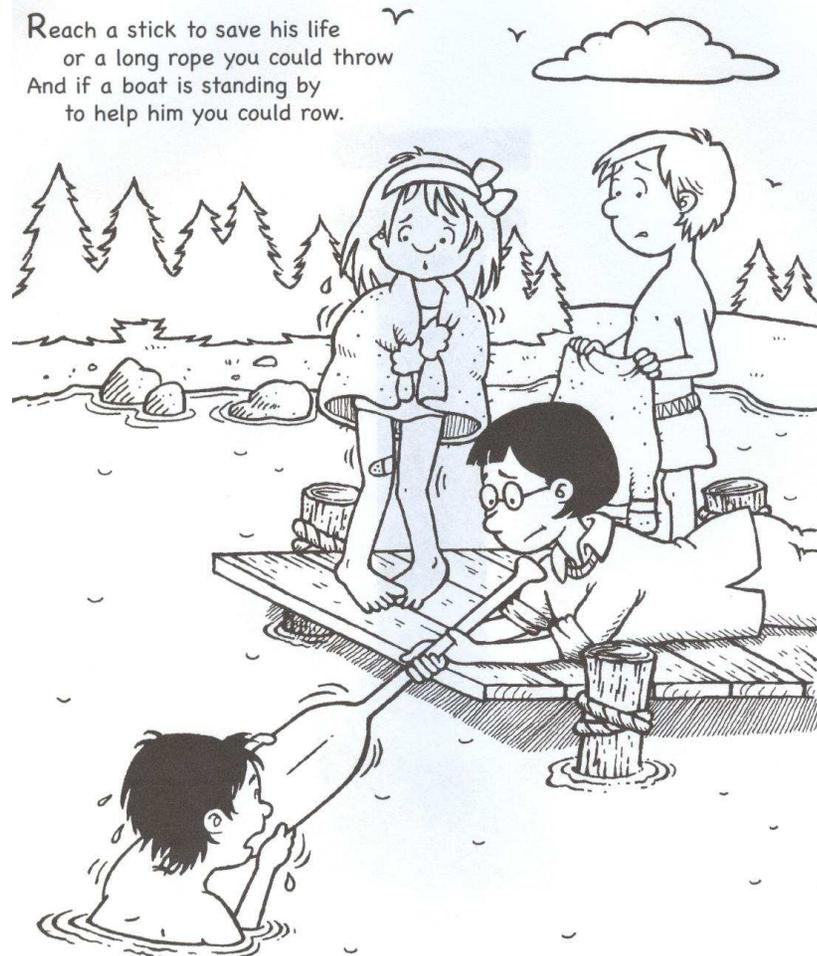
- Have everyone try on their lifejacket to see that it still fits and that all the zippers and buckles are in good working order.
- When boating, **always** wear a lifejacket. Even in nice weather, even close to shore. On average, more than 500 people drown every year in Canada. Lifejackets really do save lives.
- Power boaters need to have their Pleasure Craft Operator Card in order to operate a boat.



If you're staying near the water at a campsite, cottage or resort, **always** supervise children. Kids love water and may wander over 'just to take a look', or to get that beach ball that's bobbing on the surface.

Colour and Learn

Reach a stick to save his life
or a long rope you could throw
And if a boat is standing by
to help him you could row.



Source : © 2010 Minnesota Department of Natural Resources

Useful Website Address

For more information about Water Safety, First Aid & CPR, to find a course in your area, and more and more...



www.redcross.ca

Or Call 1.877.356.3226

The Health and Social Services Agency of the Lower St. Lawrence Access to Services in English

Promoting the vitality of English-speaking communities

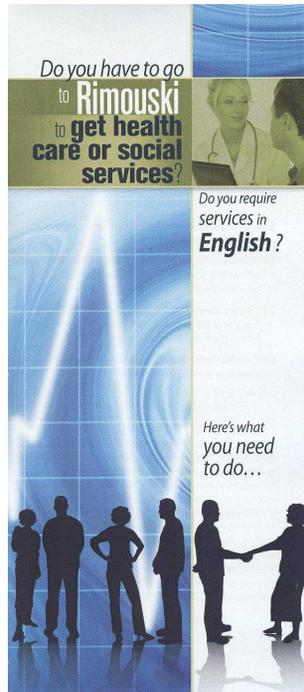
In the health sector, the key to success in making health care services more accessible to English-speaking individuals appears to be cooperation, networking, and partnerships. This cooperation among stakeholders (Ministère de la Santé et des Services sociaux, Community Health and Social Services Network (CHSSN), and English-speaking communities) directly impacts English-speaking people in Quebec. In particular, it has improved the visibility of these communities within the public health and social services system, led to the creation of local services to better meet existing needs, and provided them with more control over their future.

However, although the progress resulting from this endeavour is inspiring, stopping our efforts now would be a mistake. People continue to be faced with a variety of obstacles when seeking health care services in English.

For this reason, the Agence has produced new brochures and posters in English and French. These have been distributed in Bas-Saint-Laurent region CSSSs

to be prominently placed on the desks of receptionists, as a reminder that you can inform the receptionist

that you wish to have your medical consultation take place in English.



The brochure "Do you have to go to Rimouski to get health care or social services?" aimed primarily at English-speaking people living in the Gaspé and on the North Shore who are required to travel to Rimouski for specialized health care, was also distributed in the CSSSs and in English-speaking organizations in these regions, to remind people that it's always better to "ask in advance."

In both cases, the translation and distribution of these brochures are intended to better serve and inform you, and to meet your needs as effectively as possible.

In short, concerted efforts have been made but we need to continue improving and maintaining services. So ask for them – in English! Demand can have an impact of an establishment's offer of services in English.

For questions or comments, contact Julie Bérubé (replacing Catherine Turgeon-Pelchat who is on maternity leave) at 418-724-5231, ext. 6032.

Those Community organizations can guide and support Anglophones while searching for Health and Social Services in English

In the Lower Saint Lawrence

Héritage Bas-Saint-Laurent

Phone : 418-936-3239

Toll Free : (1) 866-936-3239

Email: heritagelst@globetrotter.net

www.heritagelowerstlawrence.ca

In the Baie-des Chaleurs - Gaspésie

Committee for Anglophone Social Action-CASA

Phone : 418-752-5995

Toll Free : (1) 877-752-5995

Email : casa75@globetrotter.net

www.casa-gaspe.com

In the Gaspé area

Vision Gaspé Percé Now

Phone : 418-368-3212

Email : t.leotta@vgpn.ca

www.visiongaspe-percenow.ca

On the North Shore

North Shore Community Association-NSCA

Phone : 418-296-1545

Email : nsca@quebecnorthshore.org

www.quebecnorthshore.org

On the Lower North Shore

Coasters Association

Phone : 418-379-2356 #226

Email: hssnpi@globetrotter.net

www.coastersassociation.com

You require services in English?

Don't hesitate to ask the staff for it who will be pleased to help you get the services you need in the language of your choice.

English documentation is also available; ask the staff for more details!