



THINK HEALTHY !

Français au verso

Number 1 October 2010

THE FAMILY HEALTH
INFORMATION GATE AND WHATNOT

A word from Heritage...

*Profit from the apple season to benefit from the extra vitamins and learn from our first newsletter.
It is with pride that Heritage begins this project. Happy reading !*

THIS MONTH : **Hazardcheck: Hazards in your environment - What you can do !**



• The Basics

[Use Household Chemicals Safely](#)

[Ventilate Your Home](#)

[Wash Your Hands Often](#)

[Take Off Your Shoes When You Come Inside](#)

• Improving Indoor Air Quality

[Avoid Second-hand Smoke](#)

[Keep Carbon Monoxide Out of Your Home](#)

[Test Your Home for Radon](#)

[Keep Humidity Levels in Your Home Down to Reduce the Risk of Mould](#)



• Reducing exposure to Lead

[Lead in Paint](#)

[Lead in Plumbing](#)

Don't use water from the hot water tap for cooking or drinking.



• Safe Use of Consumer products

[Check the Latest News About possible Health Risks and Cosmetics -- Warnings and Advisories on Health Canada Website](#)

[Know the Risks and Make Sure Your Child Is Safe](#)
[Turn Down the Volume -- Noise From Consumer Products](#)

The loudest noise from consumer products comes from personal stereo systems that combine headphones or earphones with portable music players. Some toys also make very loud noises.

To learn more about these and other environmental health risks, visit Health Canada Website www.hc-sc.gc.ca or you can also order the Guide **Hazardcheck** : Hazards in your environment ~ What you can do ! calling 1-800-622-6232.

Source : Health Canada

One way to reduce children's exposure to lead is to reduce dust in your home. Dirt and household dust are among the main sources of lead for children under six years of age. Dusting, vacuuming and wet-mopping will all help to keep down levels of dust.



Ideas and Recipes

Home made cleaning products

All the following recipes are safe for the environment, children and domestic animals, they are also safe for septic tanks.



All purpose cleaner

¼ cup (50 ml) baking soda
½ cup (125 ml) vinegar
1 gallon (4 litres) hot water.

Cleaner for bathtubs and ceramic

Rub with baking soda and damp sponge, and rinse with cold water. For stubborn stains, wipe surfaces with vinegar and then use baking soda.

Glass cleaner

1 part of vinegar to 4 parts of water.
Wash with newspapers or cotton cloth.

Air fresheners

Use vinegar, baking soda or juice of one lemon in an uncovered bowl; use pot-pourri; put baking soda in the refrigerator or diaper pail. To eliminate odours in the kitchen, heat 1 table spoon of vinegar and lemon juice in 1 cup (250 ml) of water.



Source : City of Greater Sudbury

Useful Website Addresses

The **Health Canada** Website for all the bilingual information you can find on so many topics :

Food & nutrition, Healthy Living, Drugs & Health Products, Consumer Products Safety and Advisories & Warnings, Environmental & Workplace Health, etc...

www.hc-sc.gc.ca

The **Community Health and Social Services Network** for its Health Resource Library (English only).

Audio documents, Power Point (.ppt) presentations and more; for professionals, family and community members, young and old alike.

www.chssn.org

Colour and Learn These Warning Symbols



POISON



FLAMMABLE



CORROSIVE



EXPLOSIVE

Poison -- the contents of containers with this symbol are poisonous if swallowed, touched or inhaled.

Corrosive -- the contents of containers with this symbol will burn skin or eyes and can also burn the stomach if swallowed.

Explosive -- containers with this symbol can explode if heated or punctured.

Flammable -- the contents of containers with this symbol catch fire easily if near heat, flames or sparks.

Source : Health Canada

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

The Agency's project...

The Agency¹ is currently working on a project aimed at improving access to health and social services in English in the Lower St. Lawrence in order to better serve:

- the approximately 1300 Anglophones of the region;
- the Anglophones of the Gaspésie and the North Shore who often come here for specialized services.

Its mission...

- to promote awareness within the institutions and organizations of the importance of putting in place measures permitting access to services in English (notably the importance of having bilingual staff available and documentation in English);
- to make the Anglophone population aware of access to health and social services in English.

1- In collaboration with Heritage Lower St. Lawrence, with funding coming from Health Canada, managed by the Community Health and Social Services Network (CHSSN).

The Role of English-speaking people of the region...

- Asking for services in English is one of the best ways to encourage your institutions to offer services in English !
- When you use the health services of our region, take advantage of this period of heightened awareness...ask for services in English, ask for documents in English.
- There is no need to feel uncomfortable...Remember that the majority of healthcare workers are making efforts to improve access to services in English and that they will be happy to help you!

The Agency's project covers a period of three years. You will be kept informed of project developments through this newsletter. In the meantime, if you have any questions or comments, please contact Catherine Turgeon-Pelchat at the Health and Social Services Agency :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: heritagelstl@globetrotter.net

In the Baie-des Chaleurs - Gaspésie

Committee for Anglophone Social Action

Phone : 418-752-5995

Toll Free : (1) 877-752-5995

www.casa-gaspe.com

In the Gaspé area

Vision Gaspé Percé Now

Phone : 418-368-3212

www.visiongaspe-percenow.ca

On the North Shore

North Shore Community Association

Phone : 418-296-1545

www.quebecnorthshore.org

On the Lower North Shore

Coasters Association

Phone : 418-379-2356 #226

www.coastersassociation.com

THINK HEALTHY ! is a bilingual newsletter published 8 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 all information,

do not hesitate to contact Marie-Claude Giroux at 418 936-3110 or heritage-npi@globetrotter.net .

