

For Administrators & Educators:

Let's talk about employment and working conditions. We spend a lot of time in the workplace and it can affect our health. Where we work and the conditions we work in is a social determinant of health. High demands and long hours in the work place can lead to work stress, a loss of work-life balance and poor physical and mental health.

What supports our local employment and working conditions?

- Provincial legislation
- Employment resource centres
- Employee health benefits

For more information, visit www.healthunit.org or call 1-800-660-5853.

For Families:

New Resource for Youth! Our mouth is the link to our entire bodies and overall health. How well we clean our teeth, what we choose to eat and drink, and our personal habits all have a major impact on our oral health. It is important for youth to know that tobacco, alcohol, drugs, and sexual activity can have an impact on their oral health as well. To learn how these aspects of our lifestyle can affect the teeth and tissues of our mouth, check out **"Healthy Mouth: 101"** at www.healthunit.org/health-information/oral-health/youth/

Triple P Parenting has an ONLINE program for parents of pre-teens and teens! Get parenting strategies in your PJs! Learn WHEN you want, WHERE you want! Here's what one parent says about how the ONLINE program helped them get on the same page as parents <https://youtu.be/LGiTV0MaXfy>. To sign up at no cost, call 1-800-660-5853 or email triplep@healthunit.org. What will your happier home look like?

Let's talk about your social support system: Did you know who you spend time with can support your health? Healthy relationships and the opportunity to share in community life is a social determinant of health. In Leeds, Grenville and Lanark, 71% of people report having a strong sense of community. **Who do you enjoy time with or turn to for help?** Family, friend, neighbour, co-worker, fellow parishioner, community service provider? For more information on social support systems, visit www.healthunit.org or call 1-800-660-5853.

Lyme Disease is Preventable. Ticks that may carry the bacteria that cause Lyme disease are now found throughout our region. As temperatures rise above 4°C ticks become active and begin to look for a blood meal. While not all ticks carry the bacteria, if an infected tick bites you and remains attached for over 24 hours you may be at an increased risk of getting Lyme disease. Lyme disease is preventable. Always do a tick check when you return from the outdoors and remove ticks promptly. For more information visit www.healthunit.org