

For Administrators & Educators:

We ask that Chickenpox illnesses are reported. The Leeds, Grenville and Lanark District Health Unit is required to report the total number of chickenpox cases by age each month to the Ontario Ministry of Health and Long-Term Care. Details for reporting are included on the Chickenpox reporting form at our website www.healthunit.org. Thank you for assisting in this data collection

Cannabis resources. Smoke Free Ontario has compiled a list: **Cannabis Awareness and Public Education Resources** for a quick and easy reference on general information on cannabis, harm reduction considerations and its health impact. This reference guide is found as an email attachment. For more information visit www.healthunit.org or call 1-800-660-5853.

For Families:

Did you know 80% of learning is done through vision? Excellence in school starts with healthy vision. Eye exams are now covered by OHIP for all children under 19. Act now and find an optometrist near you: optom.on.ca

Let's talk about income! Income is a social determinant of health. People at lower income levels report higher chronic diseases & self-reported poor physical and mental health. **A living wage** is the hourly wage a worker needs to earn to cover their family's basic expenses within their community. A living wage is a practical tool for reducing poverty through paid work. The living wage in Leeds, Grenville and Lanark is \$17.07. **How can you help reduce poverty?** Learn about the root cause of poverty, have a conversation with your elected officials about your support for a local living wage and health in all government policies, be compassionate towards other people experiencing life challenges, and share what you have, helping out a family member, neighbour, or friend. For more information on income-based solutions for poverty reduction visit www.healthunit.org or call 1-800-660-5853.