



eLink

"The Regina Qu'Appelle Health Region Online Newsletter."

July 20, 2006

*West Nile Virus is back,
and RQHR residents are
advised to protect
themselves by taking a few
simple precautions.*

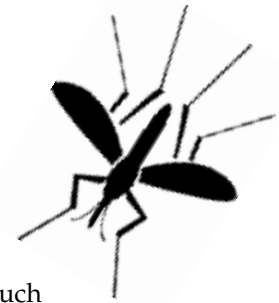
Tests are Positive

West Nile Virus Returns

West Nile virus is back.

A dead crow, found in Regina in early July, has tested positive for West Nile virus. This is the first indication this year that the virus is present.

Saskatchewan Health and the Regina Qu'Appelle Health Region (RQHR) continue to advise people to wear light-coloured, long-sleeved shirts or jackets; wear pants and socks; reduce the time spent outside when mosquitoes are most active, such as dusk and dawn; and apply insect repellent consistently, and at the appropriate concentration.



"You don't have to suit up, but use common sense," said Phil Curry, the Provincial West Nile Virus Coordinator, adding that while everyone knows how to protect themselves, only about half take precautions.

Curry said people must continue to take precautions, even if they suspect they have developed immunity. Additionally, he warned that people who intentionally try to get bitten by mosquitoes, in an effort to develop immunity, are taking unnecessary risks.

While many people who get bitten by an infected mosquito are unaware they have the virus, others are less fortunate. "If you get the virus, you've got a one in 150 chance of getting the neurological disease, and a one in five chance of getting good and sick with flu-like symptoms," said Curry.

Symptoms range from fever, chills, headache and sore muscles to nervous system complications, paralysis, coma and, rarely, death, said Dr. Maurice Hennink, Deputy Medical Health Officer for the Region.

Risks of getting the virus are higher for the elderly and for those with compromised immune systems, as well as for people living in or visiting rural or forested areas. Risks are also greater for people living in the province's south. This includes RQHR, as well as Sun Country, Five Hills, Cypress, and Heartland health regions.

Saskatchewan was hardest hit by West Nile virus in 2003, its first year in the province.

What's Inside

• **Health Information staff put Canadian knowledge to test**

• **The ABCs of UV Rays**

• **Protecting against West Nile virus: DEET and children**

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RQHR's Health Information Staff put Canadian Knowledge to Test



Back Row, Left to Right: Cathy Wasylenko, Lynn Rotariu, Shona Relland, Karen Dean, Patti Chesters, Jodi Senft, Kayla Sotkow, and Noreen Holt.

Middle Row, Left to Right: Kareen Bundus, Cathy Makie, Brenda Erick, Shelly Green, Serena Clark, Irene Hovind, Nicolle Steele, and Bonnie Ritchie.

Front Row, Left to Right: Patty Gianoli, Jenna Gottfried, Lisa Wolfe, Shelly Kissel, Indu Shanna, Sandra Leippi and Sarah Bzdel.

Health Information staff at Pasqua Hospital celebrated Canada Day by having a Canadian Citizenship Test and then surprising staff member, Indu Shanna, with a mock Citizenship Ceremony. Indu, who immigrated from India in 1994, has recently completed the Canadian Citizenship Test and will participate in the official ceremony in the coming months.

She completed the Health Information Management course at SIAST. During the course of her studies, she completed her student practicum at Pasqua HIMS.

e-link Correction

The Caldwell Partners has been hired to conduct a national search to fill the position of Senior Vice President -- Health Services for Regina Qu'Appelle Health Region. Incorrect outline information in the July 13 edition of *e-link* may have created the impression that this firm was also engaged in the hunt to fill the positions of Vice President -- Operations Support and Vice President -- Primary Care Services. *e-link* apologizes for the editorial mistake, and any inconvenience it may have caused.

Advanced Google for Dummies

Drop-in Session

RGH IT Training Lab
July 26
11:30 a.m. - 12:15 p.m.

What is a Google bomb? Why doesn't Google like being used as a verb?

Learn the answers to these and other questions while discovering Google tips and tricks to get better results!

Contact the library, 766-4142, for more information.

No registration required!

West Nile virus enters Prime Time

continued from cover page

Nine hundred and forty-seven people were diagnosed with the virus that year, seven of whom died. In 2004, there were five cases and no deaths; in 2005, there were 60 cases, including two deaths. A third death, this past February, was attributed to West Nile virus.

Just how many human cases will emerge this year depends on whether *Culex tarsalis* continues to see the weather conditions it enjoys, said Hennink. Hot and dry, as well as hot and wet weather, are ideal.

Hennink advises people to keep grass short and eliminate standing water, as *Culex tarsalis* likes to rest in long grass during the day and larvae can develop in stagnant pools of water found in yards and eaves troughs.

Read *e-link* at home!
Every issue is available in the Publication page under Inside Story on our Web site:
www.rqhealth.ca



e-link is published weekly by Regina Qu'Appelle Health Region Public Affairs for employees, physicians and volunteers. We welcome submissions from Region programs, services and employees. Submissions are subject to the editorial guidelines of *e-link*. For more information, contact: Public Affairs at 766-5227 or use the [Intranet](#) form.

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Parking Rate to Change for RGH Visitor Parking



Effective August 1, the new rates are:

85 cents for EACH half hour, or partial half-hour
\$6 maximum daily rate
 (Daily rate will be charged if parking ticket is lost)

Weekly and Monthly rates available.

Six per cent GST charge is included in the posted rates.

Parking After Hours

10:30 p.m. - 7 a.m.

Flat Rate Charge: \$3 per visit (coins only).

Change available at Dispenser inside 14th Avenue Main Entrance.

No In/Out Privileges

For inquiries, contact security at 766-4302.

Owner's Risk

Parking of all vehicles is at the registered owner's risk. The Regina Qu'Appelle Health Region, its officers, agents or employees assume no responsibility for loss or damage due to fire, theft, collision or otherwise, to the vehicle, or its contents, however caused.

The ABCs of UV Rays

Energy from the sun sustains all life on earth. However, some forms of sun energy can be harmful. This includes the sun's burning or ultraviolet rays -- the rays that can cause sunburn and skin cancer.

We can't see ultraviolet or "UV" rays, as this form of sun energy is invisible. There are three types: **UV-A**, **UV-B** and **UV-C**.

UV-A radiation is the least energetic form. It causes skin aging and wrinkles, and can also damage outdoor plastics and paint.

UV-B, which is stronger than UV-A, is the most harmful to humans and to other life forms. It causes skin cancer and cataracts -- a permanent clouding of the eye which reduces vision. Both UV-B and UV-A cause suntans and sunburns. UV-B also reduces the growth of plants, and may affect the health of wildlife and other animals.

UV-C, which is even stronger than UV-B, never reaches the Earth's surface because it is filtered out by the atmosphere.

Fortunately, there are simple ways to protect yourself from UV-B. Most actions you take to protect yourself from UV-B will also safeguard against UV-A.

Source: Environment Canada Web site



What does the UV Index mean?

UV Index Category

Sun Protection Actions

0 - 2 Low

Minimal protection for normal activity.

3 - 5 Moderate

Cover up. Wear hat, sunglasses, and sunscreen if outside for 30 min

6 - 7 High

Protection required. Reduce time in sun between 11 a.m. and 4 p.m.

8 - 10 Very High

Take full precautions and avoid sun between 11 a.m and 4 p.m.

11+ Extreme

Take full precautions and avoid sun between 11a.m. and 4p.m. Proper sun protection includes wearing a broad-rimmed hat, a shirt with long sleeves and wrap-around sunglasses or ones with side shields. Choose sunscreen with 15+ SPF (sun protection factor) that offers protection against both UV-A and UV-B rays. Apply generously before going outside and reapply often, especially after swimming or exercise.



Source: Environment Canada Web site



congratulations!

Dwight Nelson, CEO and President of Regina Qu'Appelle Health Region, has been appointed as a public representative by Order-in-Council to the University of Regina Board of Governors.

Congratulations to the following RQHR staff on successfully completing the 2005-2006 Medical Terminology Course:

- **Susan Bachmann**
- **Lisa Botkin**
- **Candice Frost**
- **Trina Kezama**
- **Lorna Madrid**
- **Nova Mason**
- **Maria Petrouchtchak**
- **Carleen Rozon**
- **Irma Ruedig**
- **Jeannine Sifert**
- **Rose Tonn**

Moni Snell, CDE for NICU, has been appointed to the board of the National Association of Neonatal Nurses (NANN).



Cassandra Klassen is the new site manager for Health Information Management Services at Regina General Hospital. She will assume her new duties on September 5.

HealthLine

1-877-800-0002

Protecting Against West Nile Virus DEET and Children

Parents and caregivers need to take special precautions when using insect repellents containing DEET on children, according to the Public Health Agency of Canada.

The agency advises parents to:

- Avoid using products containing DEET on children under the age of two;
- Use DEET in a concentration of not more than 10 per cent on children;
- Apply repellent sparingly and only to exposed skin;
- Avoid applying repellents to portions of children's hands that are likely to come in contact with the eyes or mouth;
- Never use repellents on wounds or irritated skin; and,
- Wash repellent-treated skin after children come indoors. If a reaction to insect repellent is suspected, wash treated skin and seek medical attention.

For more information on the use of insect repellents, phone Health Canada's Pest Management Regulatory Agency, at 1-800-267-6315.

Find Ways to Beat the Heat

Drink water or chilled herb teas to avoid dehydration during active periods in hot weather. Avoid drinks with alcohol or caffeine and high-sugar, high-calorie beverages. Keep a water bottle handy. Remember: you may need liquid before you feel thirsty.



Information courtesy Al Richie Health Action Centre Newsletter

Would You Like to be a Tutor?

The Regina Public Library (RPL) is looking for volunteer tutors to work with individual adults for two hours a week. For more information, or to register, call RPL literacy services at 777-6009.

Special RQHR Rider Fan Offer

See the Riders play the Stamps in The Zone for \$29.99



When: Saturday, July 29

Time: 8 p.m.

Deal includes:

- Bleacher seating in the south end-zone.
- Choice of burger/bratwurst, potato salad/coleslaw, and one Coke product.
- Private bar and on-site washroom.

Only a limited number of tickets available.

For more information, contact Laureen Larson at 766-2323 or e-mail laureen.larson@rqhealth.ca.