

Primary Health Care

**Rosthern, Wakaw, Cudworth, Duck Lake and
surrounding areas residing on Treaty 6 Territory.**

Spring cleaning and diseases



Some people may think of Spring cleaning as an opportunity to deep clean homes after the winter, to evaluate our soon-to-be-worn spring and summer clothing to see what can be given away, and perhaps to declutter. At the start of the 20th century, spring cleaning had a different purpose: helping protect families from contagious diseases.

In early days, the warmer weather of early spring enabled people to open doors and windows to air out and thoroughly clean homes of dust and residue from coal stoves and fireplaces. It wasn't until the discovery of germ theory that Spring cleaning took on a new dimension when it was discovered that invisible germs were the cause of infections and caused diseases like anthrax, tuberculosis, and cholera.

Thankfully, most of these diseases have been eradicated or controlled with effective immunization but there are still some diseases that could be related to spring cleaning; one of those diseases is hantavirus.

Hantavirus infection is caused by breathing in contaminated airborne particles from the droppings, urine and saliva of infected deer mice. It can cause a rare, but potentially fatal lung disease known as hantavirus pulmonary syndrome (HPS).

It is important for people to follow some basic precautions when cleaning their homes, garages, attics, sheds or barns, particularly areas infested with rodents:

- Ventilate the space before cleaning
- Use gloves and a mask to protect yourself from potential pathogens
- Avoid stirring up dust
- Open doors and windows for at least thirty minutes

If you find mouse droppings, follow these steps:

Step 1: Put on rubber or plastic gloves.

Step 2: Spray urine and droppings with bleach solution until very wet. Let it soak for 5 minutes or according to instructions on the disinfectant label.

Step 3: Use paper towels to wipe up the urine or droppings and cleaning product.

Symptoms of Hantavirus

Hantavirus symptoms develop one to eight weeks after exposure. Early symptoms, such as fever, dry cough, body aches, headaches, diarrhea and abdominal pain, are similar to many other viral illnesses and can be confusing. If someone was involved in spring cleaning and could have been exposed to mice droppings, they should let the attending health-care practitioner know about the exposure.

Treatment of Hantavirus

There is no specific treatment for hantavirus infection. Patients are provided supportive care, including rest, hydration, and treatment of symptoms. HPS can cause breathing difficulties, and patients may need breathing support, such as intubation.

It is very important to use precautions when cleaning rodent infested areas to avoid infections like hantavirus.

- Dr. Mohammad Khan, Medical Health Officer





JOIN OUR TEAM

Pharmacy Services

The Saskatchewan Health Authority (SHA) is looking to contract non-dispensing pharmacy services to patients of the primary health care (PHC) team located in Wakaw and surrounding communities. The main duties and responsibilities may include:

- Direct patient care/pharmaceutical care co-ordination
- Collaboration and drug Information support for team
- Improving medication management processes
- Patient education and drug monitoring

Nurse Practitioner

Currently there are opportunities for a full-time permanent nurse practitioner (NP) working in Rosthern, and a full-time temporary and casual position working in Wakaw.

NPs are registered nurses (RNs) who have advanced education and clinical training. They can perform physical exams, diagnose and treat health problems, order lab work and X-rays, prescribe medicines, and provide health information. The NP is prepared with the necessary competencies to practice in health care environments that assess and treat patients with acute and complex care needs, ranging from common to complex patients with more than one medical condition.

For more information, please e-mail: NE6.HealthNetwork@saskhealthauthority.ca

LIVEWELL WITH CHRONIC PAIN

An SMRC Evidence-Based Self-Management Program originally developed at Stanford University

WORKSHOP DETAILS

What is it?

2.5 hour self-management workshops that meet once per week for six weeks, led by trained peer leaders. Classes are fun as well as practical. The focus is on building skills for managing your health and maintaining an active and fulfilling life. There is no cost for this program. Each participant receives a free copy of the companion book, *Living a Healthy Life with Chronic Pain*.

April 15– May 20 (Tuesdays)

In-Person

1:00pm-3:30pm

Location: Good Neighbours Food Centre, 1000 6th Street, Rosthern SK

To register please call (306) 655-5483 (LIVE)

