



Blackberry Picking!



Friday August 2, 2019

Leave Cook's Ferry: 8:00 a.m. Siska: 9:00 a.m.

Location: Agassiz

**Pack a lunch, snacks
and flat carton boxes**

Limited spaces call our offices to book your seat

CF 250 458 2212

SB 250 455 6601



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

August 2019

Our berry picking trip was such a wonderful success we will be doing another trip on Friday, August 2, 2019. This trip will be to go Blackberry picking in the Agassiz area.

Be sure to call the office closest to you if you would like to come along as seats are limited.

As the trip will be all day please remember to pack yourself a lunch and snacks for the trip. We look forward to seeing you all! See page 28 for details.



For information on any activities taking place this month or to make ride arrangements, please contact one of our offices.

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spence's Bridge, BC, V0K 2L0
 Phone: (250) 458-2212
 Fax: (250) 458-2213
 Client Toll Free: 1-866-458-2212
 Email: nadine.methot@hhssbc.ca

Siska Office

163 Loop Road
 Phone: (250) 455-6601
 Fax: (250) 455-6608
 Client Toll Free: 1-844-255-6601
 Email: corynn.revely@hhssbc.ca

Visit our Facebook Page! <https://www.facebook.com/groups/462213130612032/?ref=bookmarks>

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HHSS BOARD	HHSS CHP	HHSS STAFF	HHSS OFFICES
<p>Lorette Edzerza Chairman Director Cooks Ferry Band Appointed</p> <p>Angela Phillips Director Siska Indian Band Appointed</p> <p>Florine Walkem Director Cooks Ferry Band Appointed</p> <p>Sam Gush Director Siska Indian Band Appointed</p>	<p>Madelyn Albert Youth Member Representative Cooks Ferry Band Appointed</p> <p>Jim Billy Community Member Representative Cooks Ferry Band Appointed</p> <p>Betsy Munro Elders Member Representative Siska Indian Band Appointed</p> <p>Regina Pierre Community Member Representative Siska Indian Band Appointed</p> <p>*****</p> <p>The Committee also includes all Board Directors</p>	<p>Position Pending, Health Manager</p> <p>Tina Draney Finance</p> <p>Corynn Reveley Siska Receptionist</p> <p>Nadine Methot Cook's Ferry Administrative Assistant / Medical Transportation Clerk</p> <p>To be appointed Community Health Representative</p> <p>Lisa Colwell, LPN, AFCN Home & Community Care Nurse</p> <p>Jennifer Marinello, RN Home & Community Care Nurse</p> <p>Jennifer Fields Community Home Care Aid</p> <p>Ashley Loring Earl Community Home Care Aid</p> <p>Linda Peters Transportation Support</p> <p>Fred Charlie Transportation Support</p> <p>Hazel Billy Home Support Worker Housekeeping COHI Aide</p>	<p>COOKS FERRY Box 188 3691 Deer Lane Spence's Bridge, BC V0K 2L0</p> <p>Phone (250) 458-2212</p> <p>Fax (250) 458-2213</p> <p>Client Toll Free 1-866-458-2212</p> <p>Email nadine.methot@hhssbc.ca</p> <p>SISKA 163 Loop Road</p> <p>Phone (250)455-6601</p> <p>Fax (250) 455-6608</p> <p>Client Toll Free 1-844-255-6601</p> <p>Email corynn.revely@hhssbc.ca</p>



Catering Bid

Women Wellness Day

September 18, 2019
Lunch to be served
at Noon for 50 people
Siska Band Hall

Caterer is to provide a Greek Menu
as follows:
Grilled Chicken
Greek Salad
Pita Bread
2 side veggies
Fruit Salad
Coffee, tea and water

***DIABETIC FRIENDLY**
***PROVIDE PAPER PLATES**
& CUPS (NO STYROFOAM)
***HOLDS A VALID FOOD SAFE**
CERTIFICATE

Visitors are encouraged
to bring their own
reusable plates,
cups and utensils.

Submit catering bids to
nadine.methot@hhssbc.ca
Deadline: August 29, 2019

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

VALUE STATEMENT

Ten generations from now the members of our society will continue to be healthy spiritually, emotionally, mentally and physically through established awareness, education and prevention programs based on Nlaka'pamux traditions, culture and values complimented by modern medicines and methods.

Heskw'en'scutxe will consciously strive to realize its vision through communications, visibility in the communities, development of programs and continual improvement of the delivery of health services in these areas: home visits; home care for elders; youth companionship to elders; transportation; meals on wheels; community luncheons; and fitness center's

MISSION STATEMENT

Serving the Cook's Ferry and Siska Bands, Heskw'en'scutxe Health Services will direct energies into the well-being of our people through the use of traditional Nlaka'pamux and modern medicines/method; we are working to end our people's dependencies and empowering Nlaka'pamux towards rebuilding healthy families and communities.

"Take Care Of Yourself"



COOKS FERRY & SISKIA

Heskw'en'scutxe Health Services Society
Home and Community Care Program

Nursing Services Available MONDAY—FRIDAY

Nursing Services:

- Immunization (all ages)
- TB Testing
- HIV/STD Counselling
- Birth Control Counselling
- Pregnancy Testing
- Prenatal Education Care
- Newborn Education/Care
- Breastfeeding Support
- Child Growth/Development Monitoring
- Blood Pressure Monitoring
- Diabetes Counselling
- Weight Loss Counselling
- Wound Care
- Home Care

Also Available:

- Infant Weight Scale
- Adult Weight Scale
- Prenatal Vitamins*
- Infant Vitamin D Drops*
- Breastfeeding Supplies* (breast pump, nursing pads, lanolin cream)
- Plug Protectors
- Children Toothbrushes
- Children's Vitamins*
- Head Lice Conditioner & Combs*
- Condoms

ONLY AVAILABLE FROM THE NURSE.

To see a nurse contact the office to book a home or clinic appointment.
Lisa Colwell, LPN, AFCN

Home & Community Care Program

What services are provided?

- Palliative care (specialized care aimed at providing relief from the symptoms and stress of serious illness)
- Home support (assistance with nutrition, hygiene, and bathing)
- Referral to dietitians, physiotherapists, and occupational therapists
- Transportation to medical appointments
- Medication administration
- Ostomy and catheter care
- Blood pressure monitoring
- Diabetes care
- Wound care
- Foot care
- Post-surgical care



How can I access these services?

1. Call Heskw'en'scutxe Health Services Society to book a home visit.
2. At the first home visit, usually 1 to 2 hours, a nurse will develop a care plan specific to your individual needs.
3. HHSS staff will be scheduled to provide services based on this care plan.
4. We are here to support you and you have the right to accept or refuse any of the care that we offer.

Union Bay Seafood Ltd.	Pacific oysters Effingham Inlet Xs	5 dozen	Location: BC 23-6 Landfile: 1403799 Lot: 20190715NW	Harvest Date: July 14 2019
Intercity Packers Ltd.	Oyster N/ Shell Effingham XSM	5 dozen	Harvest Location: BC 23-6 LF#: 1403799 P.O. No.: 114994	Harvest Date: July 14, 2019
Shirakiku	Fried Fish Cake (Gobou Maki) (Item 92555)	150 g	All codes where egg, milk shrimp and octopus are not declared on the label	0 74410 92555 0
Shirakiku	Fried Fish Cake (Ika Maki) (92556)	150 g	All codes where egg, milk shrimp and octopus are not declared on the label	0 74410 92556 7
Shirakiku	Fried Fish Cake (Age Ball) (Item 92557)	150 g	All codes where egg, milk shrimp and octopus are not declared on the label	0 74410 93557 4
Shirakiku	Fried Fish Cake (Satsuma Age) (Item 92559)	150 g	All codes where egg, milk shrimp and octopus are not declared on the label	0 74410 92559 8
Chocolats Favoris	Frozen Bar – Soy Chocolate (Vegan)	1 Count	All products where milk is not declared on the ingredient list in stores	None
Chocolats Favoris	Frozen Bar – Vegan Chocolate Bar	32 or 48 units	Lot 219119 Lot 219168	None

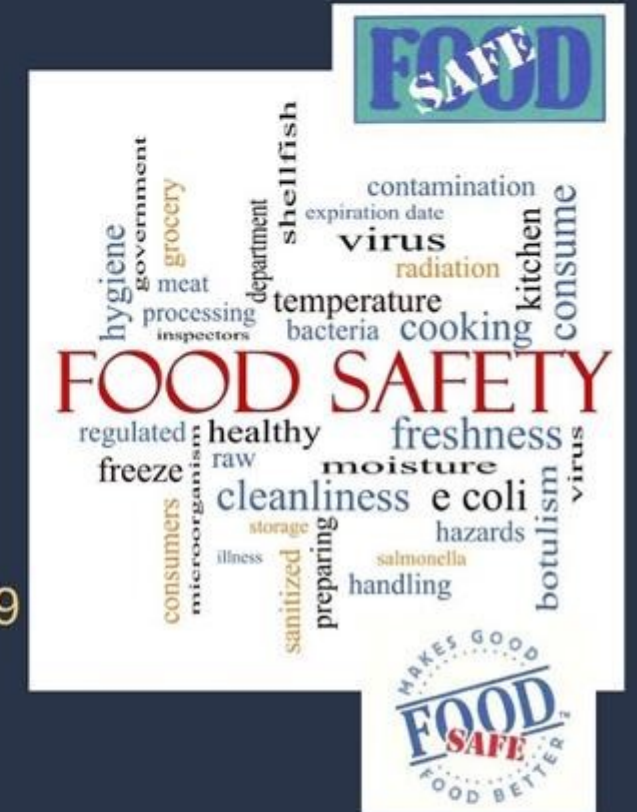
Food Recalls in British Columbia

Brand Name	Common Name	Size	Codes on Products	UPC
FV Foods	Hawaiian Sweet Roll	750 g	All codes where eggs are not declared in English lable	8 29604 05010 1
Celebrate	Mini Chocolate Eclairs	365 g	All codes	8 858762 720047
Celebrate	Classical Profiteroles/ Classic Profiteroles	325 g	All codes	8 858762 720009
Celebrate	Egg Nog Profiteroles	375 g	All codes	8 858762 720016
Western Family	Original Wild Smoked Salmon Nuggets	150 g	11720516 and 11720517	0 62639 35065 9
Gaia Garden Herbal Dispensary	Gaia Balancing Tea	Variable weight	None-Sold from June 12, 2019 to July 22, 2019	None
Union Bay Seafood Ltd.	Pacific oysters, Mica's Petite Effingham Inlet	5 dozen	Location: BC 23-6 Landfile: 1403799 Lot: 20190715NW	Harvest Date: July 14, 2019

Citxw Nlaka'pamux Assembly Industry Workplace Certification

FOOD SAFE LEVEL 1

The course covers important food safety and worker safety information including food-borne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.



Location: NVIT, Merritt BC

Date: Friday, August 23rd, 2019

Time: 8:30 am - 4:30 pm



Nicole Johnny
Employment & Training Coordinator
Citxw Nlaka'pamux Assembly
njohnny@cna-trust.ca
250-378-1864



CNA - Employment & Training

Ashcroft Indian Band, Boston Bar First Nation, Coldwater Indian Band, Cook's Ferry Indian Band,
Nicomen Indian Band, Nooaitch Indian Band, Shackan Indian Band and Siska Indian Band

WEBSITE: CNA-TRUST.CA

Heskw'en'scutxe Health Services has Three Medical Transportation Programs

NIHB Medical Travel

Provides a reimbursement towards the cost of medical travel through the NIHB Medical Transportation Policy Framework for services types that are medically necessary:

- Medical services defined as insured services by provincial/territorial health plans (e.g., appointments with physician, hospital care);
- Diagnostic tests and medical treatments ordered by a physician or other health professional within his or her scope of practice and which are covered by provincial/territorial health plans;
- Publically-funded alcohol, solvent, drug abuse and detox treatment;
- Traditional healers;
- Non-Insured Health Benefits (vision, dental, mental health, medical supplies and equipment); and
- Publically-funded preventative screening e.g. breast cancer screening (where coordination with other medical travel is not feasible).

Travel claims can be processed through Heskw'en'scutxe Health Services for those who have status and live on reserve in our service communities. Community members who live off reserve are entitled to travel reimbursements processed directly through the First Nations Health Authority.

Off-Reserve Medical Travel Reimbursement forms are available up at both Heskw'en'scutxe Health offices. For more information about Off-Reserve Medical Travel Reimbursement call: **1-888-299-9222**
<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/reports-publications/non-insured-health-benefits/non-insuredhealth-benefits-nihb-medical-transportation-policy-framework-july-2005-first-nations-inuit-health.html>

Home and Community Care Medical Travel

As a supplement to the NIHB Travel program, Heskw'en'scutxe Health Services provides medical travel assistance as described above and are Home Care Clients:

- Home Care Clients are community members who have been assessed by nursing and admitted to the program to provide on-going support for acute and chronic disease management.
- Transportation support does not take the place of family responsibility and is available only when family members are not able to provide medical transportation support.

Local Shuttle for Medical Travel

In addition Heskw'en'scutxe Health Services started a medical transportation shuttle one day a week from each community providing access physician and dental appointments in Lytton, serving those who would normally not have access due to the lack of transportation.

Cooks Ferry – Tuesday, medical travel shuttle to Lytton

Siska - Wednesday, medical travel shuttle to Lytton

- Shuttle will support scheduled appointments between 9:00 am and no later than 3:00 pm to assure serves within our operating hours of 8:30 am and return by 4:30 pm
- Please provide at least 24 hour notice to assure space if available



FOOT CARE NURSING

Lisa is providing advanced foot care.

Please call to book appointments.

Cooks Ferry - Phone: 250-458-2212 Toll Free: 1-866-458-2212

Siska Office - Phone: 250-455-6601 Toll Free: 1-844-255-6601

Reflexology August Dates -

Siska : August 6th & 21/

Cook's Ferry: August 7th & 20th

Therapeutic Massage Dates -

Siska: August 7th Cook's Ferry: August 6th

Need to talk?

Contact Ricardo Pickering, Mental Wellness Outreach Clinician

Ricardo comes to Cook's Ferry every Wednesdays from 1:00 p.m. to 4:00 p.m. by appointment only. Call Ricardo or Cook's Ferry or Siska to book a session. He will be away on holidays from August 1-14, 2019.

Transportation is available from Siska to Cook's Ferry / return.

250 256-7530 cell 250 842-8552 (Ricardo)

Reflexology with Heidi McCall



Cooks Ferry

Siska

- | | | |
|---------------------------------|--|-------------------------------|
| 1. Helps Control Blood Pressure | 5. Helps Promote Sleep | 10. Useful For Depression |
| 2. Improves Nerve Sensitivity | 6. Improves Liver Function | 11. Chronic Sinusitis |
| 3. Improves Energy Levels | 7. Treatment For Migraines And Headaches | 12. Helps Reduce Swollen Feet |
| 4. Improves Blood Circulation | 8. Speeds Up The Healing Of Wounds | 13. Reduces Symptoms Of PMS |
| | 9. Treatment Of Arthritis | |



Therapeutic Massage with Kathryn Young

Cooks Ferry / Siska

Note: If you cannot make it to your appointment, please do not send a replacement. Contact the office and we will call the next person on our waiting list. We thank you for your understanding.

NOTE: We are asking everyone, not to book a massage if they have already received one in the previous month, This way everyone gets an opportunity to get a massage. Please note that no shows to appointments will be put at the bottom of the call back list.

Women's Wellness Day!
Wednesday
September 18, 2019
10:00 A.M. - 2:00 P.M.
Siska Band Hall



Bring your questions about Menopause to Nurse Practitioner Linda Yearwood.

- Hair Cuts
- Reflexology
- Chair Massages
- Health & Cultural Booths
- Lunch & Snacks
- Amazing Door Prizes!

And much more!



Open to all women from Siska & Cook's Ferry

Heskwen'scute Health Services Society
 For more information or to make ride arrangements to the event please contact our offices
 Cook's Ferry 250-458-2212 Toll free 1-866-448-2212

Heskw'en'scutxe Health Services Society

Invitation to
Siska and Cooks Ferry Community members:

Pool Passes available to both on and off reserve registered band members and their families.
Call Lisa or Nadine to be added to the list.
Transportation not included



**Heskw'en'scutxe
Health Services Society**

Cooks Ferry
Phone: (250) 458-2212
Fax: (250) 458-2213



CITXW NLAKA'PAMUX ASSEMBLY

AGES 12-18

YOUNG WARRIORS CAMP

Learn about Traditional Games, Language,
Cultural Practices, plus secret activities.

ONLY 15 SPACES

Coquihalla Lakes Lodge

AUGUST 20-22, 2019

Contact the CNA to register call 250 378 1864
or email reception@cna-trust.ca

Citxw Nlaka'pamux Assembly



P'ƏSK'E? HUMMINGBIRD & COYOTE BROTHERHOOD

Monday August 12, 2019 10AM - 3PM
@ Monck Provincial Park

Family Friendly Gathering

BBQ Lunch, Lahal Games, Door Prizes,
Swimming, Tanning and Games for both kids
and adults.

EMAIL RECEPTION@CNA-TRUST.CA
OR CALL CNA AT 250 378 1864

Remember to bring:



Ties to the Past Summer Art Camp by Meriel Barber sponsored by Heskwen'scutxe Health Services Society

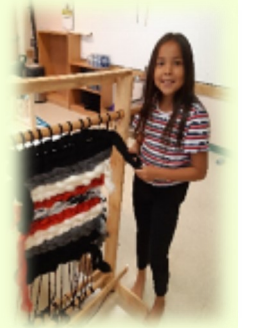
Art Camp at two locations and two consecutive days each week this year allowed for an in depth exploration of traditional art forms. Pasulko (Medicine Lake) Culture camp hosted by N7 was lively and HHSS was represented by Meriel who shared a traditional weaving technique on a large handmade loom. Smaller looms were available for personal practice and community members of all ages would stop by to try their hand and learn a bit of living history.

Part two of our weaving camp took place in the Cooks Ferry Band office and was well attended by community youth who enjoyed having the extended time to learn not only weaving but some time to hand drum songs and painting for a while. Traditional Nlaka'pamux style of weaving was the focus of our time. Weaving for little people was a bit simpler with an under over the warp style being taught for success and lots of happy smiles.

The two wall hangings that were created will receive some finishing touches and one will be hung in the communities that HHSS serves. Weaving created by the hands of our youth and other community members represents working together to create something beautiful.

Summer is a time for family so after school art will begin again in mid-September after students have had a chance to get settled into a school routine. Our new year will continue to include traditional art forms and crafts. We will see you soon!

Meriel Barber ASA



Giving families the opportunity to succeed

You may be eligible to have internet in your home for \$9.99 per month and purchase a refurbished computer. See below if you are eligible.

Did you know that TELUS and the British Columbia Ministry of Social development and Poverty Reduction created in 2016 “Internet for Good”, a program that gives families in need, access to the internet.

Features include:

- \$9.95 per month (plus applicable taxes) for two years
- Speeds of up to 25 megabits per second (where available) and up to 300 gigabits of data per month
- Access to a low cost refurbished computer
 - Digital literacy support available at any of our [TELUS Learning Centre](#)
- Access to free [TELUS Wise](#)® training and tools to participate safely in our digital world

Do I qualify?

If you are a single or two parent family in British Columbia, receiving income assistance under the Employment and Assistance Act or disability assistance under the Employment and Assistance for Persons with Disabilities Act (collectively, “BCEA”) as of June 2019 you may qualify for the TELUS Internet for Good program.

Eligible individuals can expect to receive a letter from the Ministry of Social Development and Poverty Reduction between June-August 2019.

How to order a refurbished computer:

- To order a refurbished computer visit [BC Technology for Learning Society](#) or call 1-877-250-9936 and provide your unique PIN code that you received in the mail
- Participants can purchase a refurbished desktop computer for \$100 and a refurbished laptop computer or \$150

This program helps by addressing the three most common barriers cited to in-home internet adoption: price, device and education.



KAMLOOPS TRAINING SESSIONS

WHISTLER SPARTAN RACE SEPTEMBER 14, 2019

Chowachoot

TEAM CHOWACHOOT NLAKA'PAMUX NATION TEAM

Every Thursday at 6:10PM at
F3Fit - 667 Victoria Street.

• July 11th	• August 1st	• August 22nd
• July 18th	• August 8th	• August 29th
• July 25th	• August 15th	• September 5th
		• September 12th

For more information contact the CNA
250 378 1864 or email reception@cna-trust.ca
Citxw Nlaka'pamux Assembly



WHISTLER SPARTAN RACE
SEPTEMBER 14, 2019

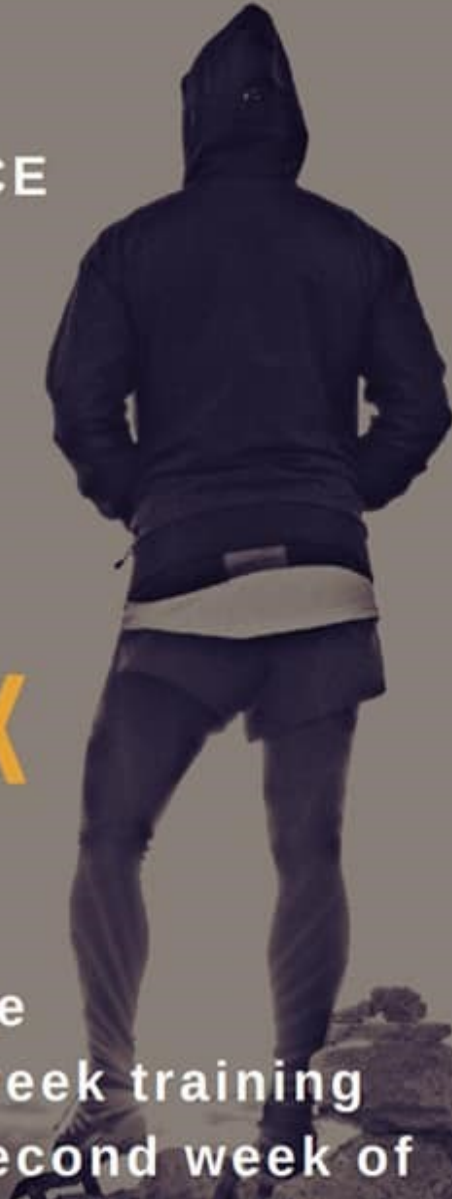
JOIN TEAM CHOWACHOOT NLAKA'PAMUX NATION TEAM

Open to all members of the Nlaka'pamux Nation. 10 week training programs will begin the second week of July in Lytton, Merritt and Kamloops.

TO REGISTER

Limited Space Available, Training priority given to Spartan Race Participants. Send Completed Registration Forms to Buzz Manuel T: 250-378-1864 E: bmanuel@cna-trust.ca

Citxw Nlaka'pamux Assembly



Tips for Packing Back-to-School Lunches

Try and pack the night before. For some reason, it makes the morning rush a little less hectic. As your cleaning up the kitchen, have your child or high schooler pack up their lunch or vice versa (kids aged 4 and older are really good dish scrubbers)!

Use leftovers as a lunch idea or make a sandwich and that way cleaning up the kitchen is all done at once.

Bento Boxes! This has made life a lot easier. Bento boxes have small compartments that make it quick and easy to think of the various food groups. Some bento boxes even have the labels that tell you what to place in each box.

There are also salad shakers and all the recipes for mason jar salads that are helpful.



WHAT MAKES A HEALTHY SCHOOL LUNCH

A FRUIT



Include a piece of whole fruit or 1/2 cup sliced fruit/berries for a natural lunch box treat and to boost fiber and key nutrients.

A VEGETABLE



Don't forget veggies: crunchy raw ones like carrots & peppers, leftover cooked ones, or leafy salads. Aim for at least a 1/2 cup serving.

A PROTEIN FOOD



Include protein-rich foods, such as sliced turkey or roast beef, boiled eggs, chicken, tuna salad, tofu, beans, lentils, or nut/seed butter.

A CALCIUM SOURCE

Make sure kids get enough calcium each day by packing milk, yogurt, cheese, kale, tahini, or tofu made with calcium sulfate.



WHOLE GRAINS



Prep sandwiches on whole wheat bread, pack leftover whole grain pasta, brown rice stir fry, or barley soup for more sustained energy.

A DRINK

Kids need to hydrate, so give them water and milk rather than soda and juice. A reusable water bottle is a plus.



Source: Mom's Kitchen Handbook

NO BAD APPLE: How to store fruits and veggies properly

It's true that one bad apple can spoil the whole bunch. Learn how to properly store your fruits + veggies!

Have you ever heard the saying "one bad apple spoils the whole bunch?" We've all probably seen instances where this happens with people, but it actually happens to fruit as well. Storing those bananas in the fruit bowl with the apples might be making your bananas ripen too quickly.

"You mean some fruits and veggies just don't get along when it comes to ripening?"

YES

Properly storing fruits and veggies isn't all that straightforward. Some fruits and vegetables emit ethylene - an invisible, odorless and generally harmless hormone - that is a ripening agent among other things. Other fruits are very sensitive to this ripening agent. Bananas, for example, are ethylene-emitters. Peaches are ethylene-sensitive. So if you store a peach in a paper bag with a ripe banana, the peach will ripen faster. Avocados, plums and nectarines are all ethylene-emitters and will ripen in a paper bag more quickly because the gas is unable to escape.

The riper a piece of fruit becomes, the more ethylene it produces. Overripe fruit gives off more ethylene, eventually leading to a concentration of gas that has enough power to over ripen all of your fruit in a fruit bowl. One bad apple really does have the ability to spoil the whole bunch! So, while those bananas look beautiful in your fruit bowl, it's best to keep them elsewhere. Separate your gas-releasing produce from your gas-sensitive produce!

That said, refrigerating some gas-releasing produce will help them stay fresher longer because cold temperatures will slow the release of gas. Don't trap the gas that is emitted in a plastic bag (because this will, again, speed ripening) but do keep them in the cold. Here's a quick guide to which fruits and veggies to store where:

Often a parent or school nurse can recognize head lice just by looking for nits in the hair. Some kids' parents will take them to the doctor so the doctor can check to see if lice are there. If a kid has lice, an adult will need to buy a special medicated shampoo, cream, or lotion that kills lice. An adult will need to apply the medicine and follow the directions. Part of the treatment is combing your hair with a fine-tooth comb to remove the nits. The shampoo, cream, or lotion usually kills the lice right away. The itching should go away within a few days, but treatment may need to be repeated in 7 to 10 days to kill any new lice that may have hatched since the first treatment.

Do **not** use a hair dryer on your hair after washing with the medicated shampoo, lotion, or cream because they can contain flammable ingredients. You don't want your hair catching on fire.

Although lice can live for only 1 to 2 days off a person's head, it's a good idea for an adult to wash all your bedding, hats, clothing, and stuffed animals in hot water. Or he or she can seal these things in airtight bags for 10 days. That also will kill the lice and their eggs.

Vacuuming the carpets, upholstery, and car seats will take care of any lice that fell off before treatment. Combs, brushes, and hair accessories need to be soaked in hot water, washed with medicated shampoo, or thrown away. Sometimes it is difficult to get rid of the lice, so if that happens to you, have your parent talk to the doctor. There are stronger medicines and other treatments that they may decide to use.

Life Without Lice Sure, lice aren't so nice, but there are things you can do to keep them away. To help prevent lice:

If your friend has lice, don't give the lice any chance to spread to you. Avoid putting your heads together or sharing stuff that could contain lice, such as hats or combs.

Don't try on hats that belong to other kids.

Never share a comb, brush, barrettes, or other hair accessories. Use your own, and don't lend them to anyone else. Always use your own sleeping bag and pillow when sleeping away from



Come by the office and pick up a complimentary Nit Comb, proven to be the best tool to take care of lice. Also remember that a white conditioner helps to easily spot the eggs. Adding Tea Tree essential oil in a spray bottle with a water base and spraying your child's hair before going to school has had good results for several children.

LICE ARE NOT NICE: TREATMENT AND PREVENTION



Scratch scratch. Scratch. Your head is feeling really itchy. Could it be lice?

If so, you're not alone. Every year, between 6 and 12 million people worldwide get head lice. Most of those millions are kids. Any kid who goes to school has probably already heard about lice. They can spread easily at schools, so if one kid gets them, the rest of the class might get them, too. What can you do? Let's find out.

What Are Lice?

Lice are very, very small insects. In fact, they are so tiny that you can barely see them! Each **louse** (the name for one of the lice) is brown and gray and only about the size of a sesame seed. Lice are **parasites** (say: PAIR-uh-sytes), which means that they live off other living things. Head lice need to be next to skin to survive — and the warmth of your skin is a perfect place for them to live. Lice eat tiny amounts of blood (much less than a mosquito does) for their nourishment and use their sticky little feet to hold on to hair. Gross! When lice start living in hair, they also start to lay eggs, or **nits**. Lice can survive up to 30 days on a person's head and can lay eight eggs a day. Lice attach their nits to pieces of hair, close to the scalp. If you see a small, oval blob on a strand of hair, that's probably a nit. If these little eggs are yellow, tan, or brown, the lice haven't hatched yet. If the eggs are white or clear, the lice have hatched. Although they don't hurt, lice sometimes can irritate the [skin](#) and make it itchy (especially at night). Too much scratching can lead to scalp infections.

Lice Love Everyone

Because lice are parasites, they will set up house on **anyone's** head, whether that person is clean, dirty, in second grade, in fifth grade, black, or white. Anyone who says that people who get lice are dirty doesn't know that lice love everyone and that includes the cleanest kid in the class! Lice spread in classrooms and schools because kids play together closely and often share more stuff than adults do.

Lice cannot jump or fly. They spread when people's heads touch or when they share hats and other clothing, combs, brushes, headbands, barrettes, and bedding (like sheets, blankets, pillowcases, and sleeping bags). If lice are stuck on any of these things and that thing touches another person's head, that person may also get lice.

Saying Goodbye to Lice

If your head feels very itchy, tell an adult as soon as possible. This is **especially** true if you know that other kids in your class or school have had lice. Don't wait around — the more time the lice have to lay nits, the itchier you will be!

REFRIGERATE THESE GAS RELEASERS:

- Apples
- Apricots
- Canteloupe
 - Figs
- Honeydew

DON'T REFRIGERATE THESE GAS RELEASERS:

- Avocados
- Bananas, unripe
- Nectarines
- Peaches
- Pears
- Plums
- Tomatoes

KEEP THESE AWAY FROM ALL GAS RELEASERS:

- Bananas, ripe
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Lettuce and other leafy greens
- Parsley
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon

how long does it take for a car to get hot?

vehicle temperature

outside F°	inside F°	
	10 mins	30 mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

Even in the shade, the temperature in the car can still soar quickly to **dangerous levels.**



Leaving the windows open has **little effect** on how hot it is inside the car.

Choosing a child car seat or booster seat

Have questions about child car seats or booster seats? You're definitely not alone. Here are some tips to help you choose, purchase and install a seat correctly.

When used properly, child car seats and booster seats significantly reduce fatalities and serious injuries in a crash.

Choose a seat that meets age, height and weight requirements

Children outgrow everything — even car seats and booster seats! Ensure you're using the right seat for your child's age and size.

It's also the law. In B.C., all children under 16 must be correctly restrained in an appropriate child car seat, booster seat or seat belt.

Infants / toddlers

Use a rear-facing car seat

Your child must use a rear-facing child car seat until they are least one year of age and weigh at least 9 kg (20 lbs).

There's no rush to switch to a forward-facing seat—these guidelines are just the minimum requirements. Your baby or toddler can stay rear-facing, so long as their weight is within your child seat's stated limit.

A rear-facing child seat is the safest option for your child, as it provides better support for your baby or toddler's head and neck.

Toddlers / preschool

Transition to a forward-facing car seat

When your child is older than one year and between 9-18 kg (20-40 lbs), they will become ready to switch from a rear-facing to a forward-facing car seat, depending on their weight. Keep your child rear-facing for as long as possible. This is the safest option as long as their weight is within the manufacturer's stated limit.

Children under 9

Use a booster seat

If your child weighs more than 18 kg (40 lbs), they should use a booster seat. After they reach nine years old or 145 cm (4'9") tall, they can transition to using a seat belt.

Children 12 and under

Sit in the back seat with a seat belt

Kids 12 and under who are too old or large for a booster seat should always sit in the back seat. Always make sure they use a seatbelt and that its properly adjusted.

When travelling in an Heskwen'scutx Health Services Society vehicle, parents or guardians must provide the proper seat for their child. We reserve the right to refuse to travel the client for safety and liability reasons.

Please contact the office if you do not have a proper seat.