

Yekooche Health News

Although there may be tragedy in your life, there's always a possibility to triumph. It doesn't matter who you are, where you come from. The ability to triumph begins with you. Always.

(Oprah Winfrey)

Are you at risk of getting impetigo?

About impetigo

Impetigo is a highly contagious skin condition, and is the most common skin infection that affects children. It is caused by either the *Staphylococcus aureus* (staph) or *Streptococcus pyogenes* (strep) bacteria, and sometimes a combination of the two. Adults also get impetigo, frequently from contact with infected children.

The skin normally has many harmless types of bacteria living on it, known collectively as the skin *flora*. These bacteria live in the skin's hair follicles and in sebaceous glands that moisten the skin. They also protect the body from more harmful bacteria. The skin itself also provides a major barrier to keep both the bacteria in the skin flora and other harmful organisms from entering the body. However, when there is a break in the skin (e.g., from a cut, bruise or other form of trauma), bacteria can enter the body and cause inflammation and infection. Other factors may also affect the skin flora and make it susceptible to infection, including high temperatures or humidity, pre-existing skin infections and prolonged use of antibiotics, which can

lower a person's ability to fight infection.

When **impetigo** occurs, bacteria enter the skin's outer layer (epidermis) and form skin lesions that may ooze and form crusts. These lesions are extremely contagious. Touching, rubbing or scratching them often leads to their spread to other parts of the body.



Calendar of Events

Your Community Health Nurse from CSFS is here Monday and Tuesdays each week.

Valentines Craft day for parents and children will be held here at the Resource Centre. Please contact Tanya for the date.

Head Lice Workshop at the School on February 08th

Tanya and Susan continue to do meals on wheels for the Elders. If you know of an Elder that would like this service please contact Susan or Tanya.

If you would like to learn more about impetigo, please call Madeline at the Resource Centre, 8041. Please note that we have had cases of Impetigo in our community.

Success for Patient Travel

Sign your patient travel.

CSFS needs at least five days notice for a gas voucher otherwise you will get your patient travel by cheque the following week after your appointment.

If you are going to cancel an appointment, please notify Tanya.

Doctor Isaac was here on January 20, 2010

Please notify Tanya Joseph or Madeline if you had your name on the list to see the doctor, but you wanted to cancel your appointment. On January 20th, we had 43 patients on the list to see the doctor, but only 28 patients came in to see the doctor. We are keeping track of the people that do not call us to cancel

their appointment. We need to assist the Fort St. James Clinic in delivering this service. If the doctor thinks he will be seeing 43 patients that day, then his time is very limited to each patient.

Please check at the clinic to see when the doctor is going to be in the community.

Jane Middleton-Moz

Jane Middleton-Moz was in Prince George on January 11th to the 15th doing a sexual abuse workshop. We were able to send five people to this workshop.

I would like to congratulate Henry Joseph, Sally Joseph, Hilda Schielke, Nikkita Joseph and myself for attending this workshop. We will be receiving a certificate for completing 40 hours of training.

I would like to thank the Yekooche Band for supporting us to attend this excellent training.



Madeline and Jane Middleton-Moz January 2010.

We also celebrated Sally Joseph's birthday with all those that attended this workshop. I would especially like to congratulate Sally for always wanting to learn and pass on her wisdom.

Contacting Resource Staff

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Exercise

Go for a walk each day because it helps relieve stress.



Head Lice

We will be doing a head lice workshop at the school on February 8th. On this day we will be checking the children for lice and treating all those that may have lice. We would love for any of the parents to attend so we can discuss ways of getting these bugs out of your home.

We will have the CSFS Community Nurse here so you can ask any questions regarding health issues associated with head lice.

Please support this event by making sure your child is in school on this day and we welcome the parents to come out and help.



If you would like to know about any of the following, please call Madeline at the Resource Centre.

Blood Pressure Checks

Pregnancy Tests

Bladder Infections

Blood Sugar level testing

Pap tests

If you have a health topic that you would like to learn more about, please feel free to call me at extension 8041.

Things to Remember

If you would like to know about other health issues please contact Madeline so she can arrange a workshop or provide you with some resource material.

Calling all women to come out and have some fun playing floor hockey. I would like to start a women's fun floor hockey game two-three times a week. If you are interested, please call me so we can discuss a day and time to have this event. Regular exercise helps relieve stress and it is good for your body.

If you know of an Elder in the community that needs foot care, regular blood pressure checks, medication monitoring or a specific health concern, please contact me so I can refer them to the Carrier Sekani Home Care Program.

We would like to wish you all a Happy Sweetheart day on February 14th from all the staff at the Resource Centre.

