



June 2025 School Health E-Blast

from Peel Public Health

Bird Flu and Food Safety

To prevent bird (avian) flu, it is important to avoid contact with ill or deceased wild birds and animals. All poultry, beef and other meat, organs and eggs should be thoroughly cooked to kill all potential viruses, parasites and bacteria including bird flu, and all milk and milk products should be pasteurized before consumption.

The flu vaccine does not provide protection against the bird flu, but will provide protection against the seasonal flu. The seasonal flu virus can weaken your immune system and your ability to resist other infections.

Encouraging Active Play

Daily movement and active play are vital for children's physical, mental and emotional well-being. When kids develop basic movement skills like running, jumping, throwing and balancing, they build the confidence and ability to stay active for life!

Home plays an important role in encouraging these habits. Here are a few simple ways to support active lifestyles, allowing for more opportunities for children to move, explore and play.

- Encourage outdoor play by bringing children and their friends to parks or other natural settings.
 - Take short walks or bike rides as a family.
-



Image Description: Children exploring nature with water and trees

-
- Play simple backyard games like tag, hopscotch or nature scavenger hunts.
 - Limit screen time and make space for movement indoors. From [10 Lego games to get kids moving](#), to these [6 active games you can play with a pair of socks](#), there are lots of ways to have fun indoors if you're willing to be a little creative!

[Active for life](#) has fun, inclusive and practical ideas to keep kids moving and learning with free resources for families!

Ticks in Peel Region

Many types of ticks are found in Peel region, including black-legged ticks, which can cause Lyme disease and other diseases through their bite. However, the most common tick species encountered in Mississauga and Brampton is the American dog tick which does not transmit Lyme disease.



Image Description: Picture of a Tick on grass

Blacklegged tick activity is influenced by temperature, and they may be active anytime temperatures are above freezing. American dog tick activity is influenced by day length and activity peaks in late May with activity decreasing as days shorten in the late summer and fall.

Avoid ticks by:

- Walking on paths and staying out of long grass or brushy areas.
 - Using a bug spray with DEET or icaridin (always follow label directions).
 - Wearing light-coloured clothing, so it's easier to see ticks; closed-toed shoes; long-sleeved shirts; long pants, tucked into your socks.
 - After being outdoors, check for ticks on yourself, your children, and your pets.
-

If you have been bitten by a tick, remove and identify the tick.

- Use tweezers, grab the tick as close to the skin as possible.
- Gently pull the tick straight out until the tick releases its hold on your skin. Avoid twisting, crushing or squeezing the tick.
- Use soap and water or an antiseptic to clean the tick bite and wash your hands.
- Submit photos of ticks for free identification and public health guidance to **etick.ca**. Store the tick in a container with a tight-fitting lid while waiting for tick identification results.



Image Description: How to remove a Tick with tweezers

For more information call 905-799-7700 or visit: peelregion.ca/health/protecting/bugs.

Contact Us

Peel Public Health – School Health Inbox

PublicHealthSchoolSupport@peelregion.ca

Use #SchoolHealthinPeel to connect with us on Social Media!