Dear partners,

In this newsletter, we take a look at the measles situation, a public health challenge we are currently facing. We also take a look at the situation involving food insecurity, and suggest some resources for seniors.

We encourage you to share this information with your members.

Together, we can make a significant difference in everyone’s health and well-being.

We are also working on improving our communications with partners. To this end, we’ve designed a quick form you can find here or on page 6 to share your needs and comments with us. It should take about 2-3 minutes.

Enjoy your reading.

The Public Health Team
As of April 19, 2024, 46 confirmed cases of measles have been reported since the beginning of 2024 in Quebec, including 18 in Montreal and two on the territory of CIUSSS West-Central Montreal. Some people acquired their disease during a trip to a country where measles is circulating. Others, however, were infected in Quebec.

Measles is back
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Measles facts
• The virus spreads rapidly through contact with nasal or oral secretions, and airborne droplets.
• Measles is a highly contagious disease: one case of measles can infect up to 15 other unprotected people.
• Symptoms include
  • Fever
  • Cough, runny nose or conjunctivitis (red, light-sensitive eyes)
  • Red spots or rash (first on the face, then all over the body)

• The measles vaccine is highly effective and safe: after two doses, a person is 95% protected. This reduces the risk of transmission.

People at greater risk of complications
• Babies under one year of age
• People whose immune system has been weakened by treatment for another disease, or by a serious illness such as leukemia
• Pregnant women who are not adequately vaccinated against measles.

Pregnant people who catch measles are more likely to miscarry or give birth prematurely.

In the event of exposure to the virus, those at greater risk should contact Info-Santé 811 promptly to be evaluated and receive preventive treatment if necessary.

Complications of measles
• Otitis
• Long-lasting diarrhea (especially in infants)
• Lung infection (e.g. bronchitis, pneumonia)
• Inflammation of the brain (acute or progressive and chronic)
• Death.
  *Approximately 10% of measles cases require hospitalization.

What to do if you have symptoms?
Measles is extremely contagious. Isolate yourself at home, avoid taking public transport and call Info-Santé 811. Always call before going to a health-care facility such as a CLSC, medical clinic, FMG, local Point of Service or Emergency. Info-Santé professionals will assess your situation and advise you on precautions to take before you go.
Those born before 1970 → no need
Since measles circulated widely before the 1970s, when there was no measles vaccination program, it’s likely that people born before 1970 had the disease even if they have no memory of it. They therefore don’t need to be vaccinated.

Those born between 1970 & 1979 → 1 dose
People born between 1970 and 1979 should have received one dose of vaccine. A single dose of vaccine would be sufficient, as these people are considered to have received a natural booster dose through exposure to measles, which was endemic (i.e. present everywhere) in the 1970s. However, some people born during this period (between 1970 and 1979) require two doses. These are people who are more at risk of being exposed to or potentially transmitting the disease because of their profession (e.g. healthcare workers) or because they travel to countries where measles circulates widely (travelers or military personnel).

Those born since 1980 → 2 doses
Anyone born in 1980 or later should receive two doses. In children, the first dose should be given at 12 months of age, and the second at 18 months.

However, Public Health recommends vaccinating children aged 6 to 11 months earlier if parents are planning a trip to a country where measles is circulating—particularly in Africa and Asia, as well as in some Eastern and Western European countries.

Parents should have their child vaccinated before traveling, and remember that two additional doses are required after the child reaches 12 months of age.

**Recommendations for finding out if you need to be vaccinated**

- Check your vaccination records to see if you or your child are protected.
- Or call 1 877 644-4545 (government of Quebec) and we’ll be happy to help.

**To book an appointment**: If you or your child needs a vaccine, book an appointment:
- Visit clicsante.ca
- Or call Info-Santé (811) or 514-734-9911, option 4.

**Where can I get vaccinated on the territory of CIUSSS West-Central Montreal?**

Measles vaccination is free, and the RAMQ health insurance card is not required. Measles vaccination is available with or without appointment at CIUSSS West-Central Montreal local points of service, but it is always preferable to make an appointment with Clic Santé or by calling 514-734-9911, option 4.

- **Point de service local Côte Saint-Luc**
  6900 Décarie Blvd.
  10 a.m. to 5:30 p.m., Monday to Saturday

- **Point de service local Parc-Extension**
  7101 avenue du Parc
  10 a.m. to 5:30 p.m., Monday to Saturday

**Find out more about measles:**

Measles

For multilingual decision-support tools and posters

**Toolkit**

References:
- Quebec government website
- Ministry of Health and Social Services website
FOOD INSECURITY

A few ideas for action

By Laura Astete Robilliard, M.Sc. | APPR, Public Health Team
Integrated Front-line Services Division

In Montreal, 24% of the population, or one person in four, lives with food insecurity. This complex reality is defined as the lack of access to sufficient, healthy and nutritious food. It is often rooted in several causes, such as financial constraints.

On our territory, the food crisis is well underway, with certain neighborhoods particularly hard hit. This situation is partly attributable to our territory’s less favorable socio-economic profile, as documented in the population health portrait, which may explain why some neighborhoods are more vulnerable to the food crisis.

Effects and priorities for action

Food insecurity has a major impact on physical and mental health. It can weaken people who already have health problems such as chronic illnesses, and can also affect child development if not adequately controlled.

In addition, the costs associated with food insecurity, for both families and governments, are considerable and often underestimated. It is therefore essential to step up prevention and promotion measures.

This important issue is taken into account in the Plan d’Action Régional Intégré en Santé Publique 2022-2025.

Role of the CIUSSS to mitigate food insecurity?

A number of programs and measures are currently in place to mitigate this food crisis. These include:

- The OLO program, which aims to improve the diet of pregnant women and thus continue the well-being and development of their babies. Find out more here.
- The Programme de financement pour l’amélioration des systèmes territoriaux en alimentation (PASTA) 2023-2027 presented in the Terms of Reference for Measure 1.2.

CIUSSS West-Central Montreal complements community efforts by collaborating with the entire healthcare network and regional partners to ensure consistency in actions at the Montreal level on the subject.

In addition, through our community organization services, we do local work to support organizations and concerted action, and keep abreast of what’s happening in the field.

Upcoming activities

Webinar on food safety with Montréal en commun

The Montreal Urban Innovation Lab team invites you to a series of webinars, in order to discover innovative solutions that help strengthen our food systems.

These webinars are aimed at municipalities, MRCs, community development corporations and organizations working to strengthen food security.

To register, click here.

Source: Santé Montréal
CIUSSS Website
TOGETHER FOR HEALTHY AGING

By Benoît Henry, M.Sc. | APPR, Public Health Team
Integrated Front-line Services Division

Discover some resources for different audiences.

Viactive program: volunteers needed

Viactive is a physical activity program developed by the Ministry of Health and Social Services for those aged 50 and over. The Viactive program is implemented in the CIUSSS under the supervision of kinesiologists and physical activity specialists. Viactive enables seniors to exercise at their fitness level in a pleasant atmosphere. It also gives them a chance to socialize.

On CIUSSS West-Central Montreal territory, the program is currently offered in Outremont and Côte-des-Neiges. It is currently being implemented in Milton Parc. The objective for our CIUSSS would be to implement the Viactive program in all the boroughs and neighbourhoods on our territory.

To this end, we are looking for facilitators or volunteers, preferably aged 50 or over and in good physical health. Kinesiologist Philippe Briand will offer this group a training course lasting around two hours, in order for them to offer the program in their communities.

Interested parties are invited to contact Phillipe Briand directly: by e-mail philippe.briand.dlm@ssss.gouv.qc.ca or by telephone 514 273-3800, ext. 6518.

Resources for seniors and caregivers

The aging of the population is an important phenomenon in our society. Healthy aging is a public health concern, and many initiatives are being taken to address this need. Recently, the AGES Foundation and the Fondation de la Fédérations des médecins spécialistes du Québec announced the launch of the “Agir pour bien vieillir” platform. It is aimed at seniors who want to take measures to age well and remain independent for as long as possible. The platform also contains resources for caregivers. To find out more, visit their website.

Resources, guides and tools for the community

- VIEsÂGE

The VIEsÂGE learning platform was launched in recent months. Its aim is to support and facilitate the work of human resources in French-speaking organizations working with seniors.
SURVEY TO IMPROVE NEWSLETTER

We’d like to make our Public Health & Partnership newsletter even better and more relevant to you. To do this, we’ve created a short survey that will only take 2-3 minutes of your time. Your participation will help us to better understand your expectations and needs, so that we can offer you more tailored content in future editions.

Click on the link below to access the survey.

Survey to complete (click link)

Thank you for your cooperation!

CARNETS DE ROUTE - PUT ONLINE BY CERDA

*Carnets de route* is a support platform developed by CERDA for:
- Refugees in state care (RPCE)
- Refugees sponsored by a guarantor group (RP)
- Who have a pending asylum application
- Whose asylum application has been accepted
- Whose asylum application has been rejected

This tool is also intended for practitioners and professionals working with any of these people.

More than just a tool, *Carnets de route* provides information designed to facilitate the settlement process for refugees and asylum seekers on arrival and during their first years in Quebec.

*Carnets de route* can be accessed at [https://carnetsderoute.info/](https://carnetsderoute.info/). It is available in two versions: a simplified PDF version and a full web version, in French or English.

To keep up with the activities of *Carnets de route* and CERDA, you can subscribe to their newsletter and follow them on social media: Facebook, LinkedIn.
COMMUNITY RESOURCES AND ANNOUNCEMENTS

Benny Seed library

The Benny seed library is now open!

You can borrow 4 seed envelopes at a time, on presentation of your library card, up to a maximum of 12 during the season. Come and discover the 85 or so plant species in the drawers!

Click [here](#) to visit the library’s website.

Call for perinatal projects

The Direction régionale de santé publique de Montréal, in collaboration with various partners concerned with perinatal care and immigrants, is pleased to launch a new call for projects.

This call is aimed at community organizations working in Montreal in support of immigrant women in precarious situations (e.g., financial or migratory) in the perinatal continuum.

**Deadline for project submission is May 3, 2024.**

To submit a project or find out more, visit: [https://aspq.org/appel-a-projets/](https://aspq.org/appel-a-projets/).

 Closure of [www.santemontreal.qc.ca](http://www.santemontreal.qc.ca) and Espace montréalais d’information sur la santé (EMIS) websites

Since March 27, information intended for the general public in the “Advice and prevention” zone can be found at this address: [ciusss-centresudmtl.gouv.qc.ca](http://ciusss-centresudmtl.gouv.qc.ca).

Information for professionals and partners, as well as surveillance data, can be found on the [ciusss-centresudmtl.gouv.qc.ca](http://ciusss-centresudmtl.gouv.qc.ca) website by clicking on a new link named Santé publique de Montréal in the top right-hand menu.

The website can be accessed directly at [www.drspmtl.ca](http://www.drspmtl.ca).

Vaccination tour in low-income housing

From April 16 to June 5, the vaccination team will be visiting low-income housing projects to offer booster doses of two vaccines.

**Vaccines offered:** Covid (booster/additional dose) and shingles (free) according to government recommendations.

**CONTACT US**

If you have any comments or suggestions, please don’t hesitate to contact us at [guichetsantepublique.ccomtl@ssss.gouv.qc.ca](mailto:guichetsantepublique.ccomtl@ssss.gouv.qc.ca).