



"Preparing for Summer Break 2025" Special edition E-Blast from Peel Public Health

What you'll find in this edition:

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Measles in Peel

Measles cases are rising in Peel. Neighbouring areas like the Wellington Dufferin-Guelph region, are seeing an increase in cases linked to an outbreak. Measles is a highly contagious disease that spreads easily to people who are not vaccinated or have not previously had measles. Unvaccinated people, particularly children younger than 5 years and those who are pregnant or have weakened immune systems, are at increased risk of [complications from measles](#).

To protect your family and our school community, it's important that all school aged children are up to date with their measles vaccinations. Vaccination is the most effective way to prevent measles. 2 doses of measles vaccines provide nearly 100% protection. **Please ensure your child is up to date with vaccinations.** Visit our [Peel website](#) for more information.

For health questions:

- Call Peel Public Health at 905-799-7700 or 1-888-919-7800 (toll-free).
- Call Health Connect Ontario at 811 (available 24/7 in multiple languages).
- Talk to your healthcare provider.

Free Preventive Dental Services for Eligible Children

Oral health is an important part of a child's overall health. Peel Public Health offers free preventive dental services for eligible children 17 years old and younger. These services include:

- Teeth cleaning
- Professionally applied topical fluoride
- Dental sealants



Image Description: A child smiling in a dental chair.

These services can help prevent dental problems such as tooth decay!

A child must first receive a dental screening to find out if they are eligible for these services. Call Peel Public Health at 905-799-7700 to book an appointment for a dental screening for your child. For more information, call Peel Public Health at 905-799-7700 or visit peelregion.ca/dental.

Travel Safety

Before travelling, ensure your family is up to date with vaccinations. Talk to your healthcare provider to get vaccinated and protect your family as some travel destinations may have increased cases of specific diseases and other illnesses. Visit [Travel Health Information - Travel.gc.ca](https://travel.gc.ca) for more information.

In particular, the World Health Organization (WHO) is reporting cases of Invasive Meningococcal disease associated with travel from Saudia Arabia. Refer to [Invasive meningococcal disease: Travel health advice - Canada.ca](https://travel.gc.ca/travel-health/alerts/urgent).

Summer Process for Consent Forms

Thank you to all of those who filled out a grade 6 vaccine consent form and sent it back to the school. Our team will be reviewing and processing the consent forms over the summer. A member of our team may reach out to you over the summer to clarify information on the consent form.

If have not filled out a consent form for your grade 6 child, you can still do so and mail the consent to:

**Region of Peel
Health Services - Clinic Operations 5th floor
PO Box 555 RPO Streetsville
Mississauga, ON L5M 2C1**

OR drop it off at the Region of Peel building located at 7120 Hurontario Street, Mississauga, ON L5W 1N4 – the completed form can be dropped off at the front desk and addressed to:

Andrea Gounden - Immunization Services Division - Clinic Operations Team, 5th Floor. The front desk working hours are from 8:00 AM- 5:00 PM (Monday-Friday) and they are closed on the weekends.

If you require another form, please visit this [link](#) to download and print the form.

Please note: Only printed copies of the form will be accepted.

If you need to review or upload immunization records, please visit the [Immunize Connect Ontario \(ICON\) website](#) or scan the QR code.



If you have any questions, please call Peel Public Health at 905-799-7700 or 1-888-919-7800 (toll-free).

Recreational Activities for Summer!

Several workshops and activities will be available over the summer from City of Brampton and Mississauga. More information can be found in the links below:

1. **Brampton's Bike Basics Workshops:** These interactive outdoor sessions cover proper bike fit, safety gear, road signs, signaling, and riding techniques. To learn more/register, please search for “bike basics” under browse and register for programs at brampton.ca/EN/residents/Recreation/Pages/Registered-Programs
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2. **Brampton/Mississauga Community Rides:** Free series of casual cycling tours for anyone interested in cycling! These rides are a great way to meet your neighbours and explore your city. For registration, locations and times, please visit brampton.ca/communityrides or <http://mississauga.ca/communityrides>
 3. **Bike Repair Workshops and more at Different Spokes** - Brampton Bike Hub: DIY community hub located in Downtown Brampton (at 8 Nelson) aimed at teaching residents how to repair their bicycles in an inviting space. For more info about pricing and to register for their events, including the June 20th workshop, visit <https://linktr.ee/BCbikehub>.
 4. **Join Mississauga's 2025 Bike Challenge:** Hop on your bike and join us for our Bike Challenge by logging the distance you ride on your bike from May to September. It's the perfect way to explore your neighbourhood, participate in our community rides and [One Million Tree program](#).

Log your km's here: <https://campaign.mississauga.ca/bike-challenge/>

Sun & Heat Safety Tips

The warm weather has arrived! Soon school will be out, and summer break will be here!

Everyone needs to be careful on hot days, but young children are at increased risk of heat illness. Here are some tips to stay safe and cool:

- Find a shady spot—tree-shaded areas can be up to 5°C cooler.
 - Watch for signs of heat illness: sleepiness, temper tantrums, headache, rapid breathing, dizziness, fainting, nausea, vomiting, extreme thirst, or dark yellow urine. Move the child to a cool place and give liquids immediately.
 - Prevent dehydration: offer plenty of cool drinks, especially water, before children feel thirsty.
 - Check in on family, friends, and neighbours during heat events.
 - Other ways to stay cool: take a cool bath or shower, visit a splashpad, or rest with a cold cloth on your neck. Learn more: peelregion.ca/health/protecting/heat
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You can protect your family and still enjoy the sun!

- Cover up with light-coloured, long-sleeved clothing and a wide-brimmed hat.
- Limit sun exposure between 11 a.m. and 3 p.m. when UV is strongest. Tune in to local radio and TV stations or [check online for the UV index forecast in your area](#)
- Use broad-spectrum, water-resistant sunscreen with SPF 30+.
- Stay hydrated and sun-safe all summer long! Learn more: [Health Canada's sun safety webpage](#).

Bed Bugs

Bed bugs are small insects that feed on human blood by biting at night. You may not be aware that you have bed bugs in your home because bed bugs prefer to hide in dark, small spaces and some people have no reaction to bed bug bites. Signs of a bed bug infection may include:

- Red bumps or welts on your skin
- Live or dead bed bugs, or bed bug skins
- Dark brown spots, or rust-coloured blood smears in the seams and crevices of mattresses, box springs, headboards, chairs, and other sleeping areas.

While bed bugs are unpleasant, they are not known to transmit diseases. [Learn more about bed bugs](#) including [how to prevent an infestation](#). If a bed bug is found on a student, the school should contact the student's parent or guardian to inform them of the bed bug presence on their child and refer them to [NCCEH/Bed bugs](#). Students should not be excluded from school due to bed bugs.

Protection from West Nile Virus

West Nile Virus is a potentially serious illness that is spread to people through the bite of an infected mosquito. Symptoms, severity, and duration can vary from person to person. Protect yourself by preventing mosquito bites. Avoid areas with many mosquitos, cover exposed skin, use an insect repellent when appropriate and remove stagnant water on your property. Stagnant water is water that collects and stays for seven days or longer. Stagnant water is ideal for mosquitos to breed especially from mid-May to the end of August. [Report stagnant water](#). For more information, check out www.peelregion.ca/health/protecting/bugs/. Learn more from Health Canada about [symptoms, treatment and prevention of West Nile Virus](#)

Contact Us

Peel Public Health – School Health Inbox

PublicHealthSchoolSupport@peelregion.ca

Use #SchoolHealthinPeel to connect with us on Social Media!