

# Primary Health Care

## SW2 Newsletter—Giving Time to Your Health

### There have been increasing cases of measles in Saskatchewan.

In Canada, the numbers have currently **exceeded 500 cases** between January - March 2025.

This number **surpasses the total number of confirmed cases** in Canada **over the past decade**, which amounted to 557 cases between 2015 - 2024.

Measles is a serious and highly contagious disease... so contagious that if one person has it, 9/10 people will catch it if not immune. Measles can be prevented by vaccine. The measles vaccine is safe, effective, and free. With two doses, measles vaccination is almost 100% effective. Please review your immunizations in your [MySaskHealthRecord](#), call your

local Public Health Office, or discuss with your health practitioner to ensure all you and your family's immunizations are up-to-date, especially if you are travelling either within Canada or Internationally.

Due to the highly contagious nature of measles, at least 95% of the population needs to be immunized to develop community immunity.

**If you exhibit any symptoms**, please call **HealthLine811** for symptom assessment and care advice, or call your physician of Nurse Practitioner and **identify to them that you may have been exposed to measles**.

If you are in medical distress, present to emergency or call 911 and **identify that you may have been exposed to measles**.

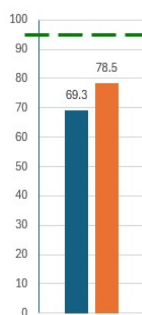
#### Measles

**Symptoms include:** fever, cough, runny nose, red eyes, fatigue, small white spots in the mouth, or red blotchy rash on the body.

Measles can also lead to deafness, blindness, pneumonia and inflammation of the brain. For pregnant women, it can also lead to premature delivery, low birth weight, or miscarriage.

**Measles vaccine** is routinely given at 12 and 18 months of age. Those under 55 yrs are eligible for 2 doses in their lifetime, & anyone over 55 yrs are considered immune, as they were likely in contact with the virus as a child.

% of Children Vaccinated with 2 doses (by 2yrs old)



For more information about measles, scan the QR Code and visit our SHA website



**Immunization** is one of the most important accomplishments in public health that has, over the past 50 years, led to the elimination, containment, and control of diseases that were once very common in Canada.

Before vaccines became available, many Canadian children were hospitalized or died from such diseases as diphtheria, pertussis, measles, and polio (*Canadian Immunization Guide*).

Recently, Saskatchewan has seen a rise in vaccine-preventable diseases like measles and whooping cough. It's natural to have questions, and it's important to have access to reliable information when making health decisions.

**Your local Public Health Nurse can provide you and your family with up-to-date information.**

**Community immunity is an important concept** that helps protect everyone, especially those who cannot receive some or all vaccines such as young infants less than 6 wks, pregnant women, & people with certain medical reasons. When a large percentage of the community is vaccinated, it reduces the spread of diseases, making it safer for everyone.

By choosing to immunize, you're not only protecting your own health but also the health of others, including vulnerable members of the community. **Together, we can protect our community from these preventable diseases!**

#### Whooping Cough (Pertussis)

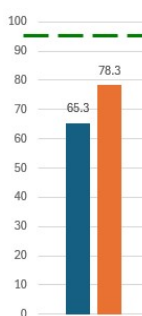
**Symptoms include:** severe coughing fits, a "whooping" sound when breathing in after a coughing episode, runny nose, low-grade fever, and fatigue.

In infants, pertussis can lead to serious complications such as pneumonia, seizures, and brain damage. For pregnant women, it can cause premature delivery or complications in the newborn.

**Pertussis vaccine** is given as part of a **combination vaccine** with Tetanus and Diphtheria (called Tdap) for adults & is recommended to get a booster every 10 yrs.

For infants & children it is given as a **combination vaccine** of Diphtheria, Tetanus, Polio & Haemophilus Influenzae (Dtap-IPV-Hib), and received at 2, 4, 6, & 18 months old, with a booster of Tdap-IPV between 4-6 years old, and a booster of Tdap in grade 8.

% of Children Vaccinated with 4 doses (by 2yrs old)



#### Public Health Offices

Outlook & area  
306-867-5038  
Davidson, Kenaston, Loreburn  
306-567-2305  
Lucky Lake, Beechy, Dinsmore  
306-867-5039



**Don't let history repeat itself.**

**National Immunization Awareness Week**

April 21-April 30, 2025

**Protect your future. Get immunized.**

#### Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.





## New Program Update: *PROACTIVE PATHWAYS FOR OLDER ADULTS*

We're excited to introduce a new program called **Proactive Pathways for Older Adults**.

This program is **designed to promote independence** and build resiliency through the natural aging process by connecting older adults with local health care and community resources, and by providing education and ongoing support.

Accessing this program BEFORE you need specific services allows you to be proactive and plan preventative measures for your future healthcare needs. Once connected with the **Proactive Pathways Program** (following the initial appointment), everything can be made as simple as "one phone call" to organize and navigate specific services if and when the time comes.

### What you can expect from the Proactive Pathway Team:

- A brief phone conversation to get to know you and your wellness challenges or goals
- A 75-minute in-person appointment in your closest community to identify areas where supports can be implemented, create a plan of care, provide education, and connect you with services and supports
- Check-in call 4-6 weeks following the in-person appointment
- Annual in-person appointment for follow up
- Ongoing support available by phone as needed

**All older adults are eligible for this program & there's no charge.**

For more information please contact:

[SW1SW2ProactivePathways@saskhealthauthority.ca](mailto:SW1SW2ProactivePathways@saskhealthauthority.ca) or **306-831-4034**

## Community Exercise Programs



### Outlook:

Held on **Tuesday's & Thursday's**  
from 9:00-10:00am  
at the Civic Centre (520 Semple Street)

9:00-9:30 Open for Walking  
9:30-10:00 Chair Exercise Class

### Davidson

Held on **Mondays & Wednesday's**  
from 9:30-10:30am  
at the Davidson Town Office Hall  
(206 Washington Ave)



9:00-9:30 Open for Walking  
9:30-10:00 Chair Exercise Class

\*Chair exercise classes include sitting & standing options, focusing on increasing strength, improving balance, posture, and flexibility.



**Call to register or just drop in!**  
**All fitness levels are welcome!**

For more information, or  
to bring these programs to your community,  
please contact:

**Ashley Davis, Exercise Therapist**  
306-860-7334

## Network Spotlight: *PARENT EMPOWERMENT RETREAT*

The **2nd Annual Parent Empowerment Retreat**, held on Feb.10<sup>th</sup>, 2025, in Kindersley, SK, was co-hosted by Lindsay Smith and Tanya Hough from *Community Inclusion Support Services (CISS)*, in collaboration with Angela Malcolm from the *Mobile Early Learning Program*.

Approximately 175 guests attended the event, which was designed for parents of children in the CISS and Autism programs, professionals working with children, and anyone seeking personal growth.



The retreat featured three expert speakers:

- **Dr. Gillian Mandich**, a happiness researcher who shared tips for leading healthy, happy lives
- **Brianna Dellezay**, owner of *Saskatchewan Behavior Consulting* who discussed behavior therapy & strategies for parents and professionals
- **Carmen Ledding**, from *Canadian Mental Health Association (CMHA)* who presented on mental health and wellbeing, emphasizing the importance of focusing on strengths.



(left to right) Tanya Hough,  
Angela Malcolm, Dr. Gillian  
Mandich, Lindsay Smith

Over 25 exhibitors displayed resources and programs available to Saskatchewan residents, offering attendees the chance to gather information, ask questions, and network. Feedback from participants highlighted the event as enlightening, informative, valuable, and empowering.

The retreat successfully provided a day of learning, connection, & support for families and professionals. **Thank you to everyone who made this event a success!**

