

## Peel Public Health: May 2024 School Health E-Blast



### What you'll find in this edition:

#### For Parents and Guardians

- Tips for Poor Air-Quality from Wildfire Smoke
- Cycling Events in Mississauga
- Peel Public Health Preventive Dental Services
- Tobacco Industry Using Same Old Tactics to Tricks Kids

### Tips for Poor Air-Quality from Wildfire Smoke

April 22, 2024 is Earth Day - a day to remember the importance of the environment and recognize the impacts climate change has on the planet, weather, and human health. A major impact of climate change is increased number of hot weather days, which can increase the likelihood of wildfires.

Wildfires can occur following high temperatures and reduced rainfall, leading to dry conditions. Lightning strikes as well as human behaviours (e.g., campfires) can cause wildfires in these conditions.

The smoke from wildfires can travel long distances, impacting the air quality far away from where the wildfire began. This smoke may be more dangerous than ordinary pollution, containing dangerous chemicals and particles, that when breathed in, can worsen conditions that affect the lungs, such as asthma, and can cause breathing issues.



**In Peel, poor air quality from wildfire smoke can occur.** To **protect yourself** during poor air quality from wildfires, remember to:

- Stop or reduce your activity level if breathing becomes uncomfortable or you feel unwell.
- Be sure to check on people around you who may be more susceptible to smoke.
- If you have an HVAC system in your home, use the highest rated filter.
- Don't use an air purifier that generates ozone.
- Take a break from the smoke at a location in your community where you can find clean, cool air.
- Wear a well fitted mask outdoors.

- If you can, avoid smoking or vaping indoors, burning incense and candles, frying foods, using wood stoves and vacuuming.
- Drinking lots of water can help your body cope with the smoke.
- Check the Air Quality Health Index and monitor your symptoms.

Contact your health care provider if you show any symptoms, particularly if you or a household member have asthma or other respiratory illnesses.

*[Image Description: Aerial photo of wildfire smoke.]*

## Join Us for Exciting Cycling Events in Mississauga this May!

As spring blooms in Mississauga, it's time to dust off your bikes and gear up for some fantastic cycling events and programming designed to bring our community together and promote healthy living. We're thrilled to invite you and your family to join us for these exciting opportunities:

### 1. BikeFest Mississauga 2024:

- **Event Date:** Saturday, May 11, 2024
- **Location:** Celebration Square
- **Time:** 10:00 AM - 4:00 PM
- **Event Description:** BikeFest is the ultimate kickoff to the cycling season! Join us for a day filled with interactive activities for all ages. From Skills and Drills sessions to bike servicing, and exploring various active transportation options, there's something for everyone. It's a fantastic opportunity to come together as a community, promote healthy living, and have a great time outdoors. Plus, enjoy delicious food, vibrant colors, and lively music!

### 2. Community Rides:

- **Duration:** May to October
- **Description:** Embark on free community rides and explore different parts of Mississauga with your family. These rides are open to everyone and are a fantastic way to discover the beauty of our city on two wheels. Plus, enjoy refreshments at the end of each ride!

Let's roll together and make a positive impact on our community!

For more information about BikeFest Mississauga 2024 and our Community Rides schedule, please visit [mississaugabikes.ca](https://mississaugabikes.ca)

## Peel Public Health Preventative Dental Services

Oral health is an important part of a child's overall health.

Peel Public Health provides **free preventive dental services** (e.g., teeth cleaning, professionally applied topical fluoride, pit and fissure sealants) for eligible children 17 years of age and under. These services can help to prevent dental problems!

Did You Know? Professionally applied topical fluoride helps to prevent tooth decay!

Call Peel Public Health at 905-799-7700 for more information.

*[Image Description: Dental hygienist showing a child a dental diorama. The child sits in a dentist chair giving a thumbs up to the camera]*



## Tobacco Industry Using Same Old Tactics to Trick Kids

### Tobacco Industry Tactics

Hey Parents! The tobacco industry is back at it again, targeting our youth with the same old tricks. This time, they're doing it with a new product called "Zonic" which kids of any age can buy. Zonic is a nicotine pouch that is placed between the lip and gum and releases nicotine into the body. They come in packs of 10 or 24 nicotine pouches- each pouch has 4 milligrams of nicotine, compared to cigarettes which have 1-4mg of nicotine!



There is no age requirement to buy Zonic pouches which means kids can walk into a gas station or convenience store to buy them. They can even be bought online. Zonic nicotine pouches come in bright coloured packaging and have flavours like Berry Frost and Chill Mint, which can attract kids to this product.

### What do we know about nicotine?

Youth get addicted to nicotine faster than adults. Research shows that nicotine changes how the teenage brain develops. It can affect memory and concentration.

The long term effects of nicotine pouches are unknown.

### World No Tobacco Day

It's World No Tobacco Day on May 31st. Use this time to talk to your kids about how the tobacco industry is targeting them. [Notanexperiment.ca/parents](https://notanexperiment.ca/parents) gives great tips on how to talk to your kids about vaping, including the attached resource. The tips can be used to talk to them about Nicotine pouches as well.

*[Image Description: Zonic nicotine pouches in an open pink and orange package. Source: Turgut Yeter/CBC]*

## Contact Us

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