

Measles situation in Ontario

- Ontario is currently experiencing a multi-jurisdictional measles outbreak, according to Public Health Ontario's latest [Measles in Ontario Epidemiological Summary](#). As of Feb. 26, 2025, 177 cases of measles have been reported in Ontario this year.
- New measles cases have been reported by [Huron Perth Public Health](#), as well as Wellington-Dufferin-Guelph Public Health, Southwestern Public Health, Grand Erie Public Health, and the [South East Health Unit](#).
- No probable or confirmed cases of measles have been reported in Grey-Bruce in 2025. The last local case completed their isolation period in early December 2024.
- About 90% of the measles cases reported in Ontario in 2025 were unvaccinated. Among the 141 children/adolescents who have contracted measles, 97.9% were unvaccinated.

Update on Suspension Prevention Initiative for 2024-25 - Public Health working with parents, partners to get students up-to-date on vaccines

- Each year, Grey Bruce Public Health works with parents, partners, and students to reduce the number of students at risk of suspension under the Immunization of School Pupils Act.
- This year, GBPH is focusing its suspension initiative on students in Grades 1-8 and those aged 17 by the start of the suspension period in mid-April.
- As part of its suspension prevention efforts, GBPH has reviewed the immunization records in the provincial database for these students and is working with the families of students who are not up to date on required vaccines or whose records have missing/incomplete information to help bring them into compliance with the ISPA.
- **To support Public Health's ISPA activities, GBPH is asking healthcare providers to:**
 - **Provide required publicly funded vaccines to your patients, as needed. We ask that you do not defer your patients to Public Health when they are seeking immunizations required for school attendance, such as Tdap, MMR, etc.**
 - **Fax (519-376-7782) updated immunization information for students to GBPH directly after administration.**
 - **Provide parents with a copy of their child's updated immunization record. In Ontario, healthcare providers must provide this service free of charge.**
- While GBPH does hold appointment-based community clinics, these clinics are primarily for those without access to a primary care provider or those wishing to receive immunizations that their provider does not carry, such as the Grade 7 vaccines (MenC-ACYW135, Hepatitis B, HPV-9).

Updated pediatric nutrition guidelines now available

- Ontario Dietitians in Public Health have published the [2025 Pediatric Nutrition Guidelines \(Birth to Six Years\) for Health Professionals](#).
- The guidelines offer evidence-based nutrition and feeding recommendations along with red flags for healthy, full-term infants and children up to 6 years of age.
- This updated version offers more extensive recommendations that build on those presented in the 2019 version in the following areas:
 - Introducing common food allergens
 - Promotion of breastfeeding
 - Food textures and baby-led weaning
 - Responsive feeding and fostering a positive relationship with food
 - Vegan and vegetarian eating, including plant-based beverages

World TB Day is March 24, 2025

- Locally, Grey Bruce Public Health sees an average of 1-2 cases of Tuberculosis (TB) disease every few years.
- TB disease (formerly called active TB) causes illness and is communicable, while a TB infection (formerly called latent TB) is not communicable. A person with a TB infection can develop TB disease (most commonly when they are immunocompromised).
- One way GBPH and primary care providers can work together to end TB is assessing if patients with a positive TB skin test or positive IGRA do have a TB infection and if TB preventative treatment would benefit the patient.
- One common misconception is that people who have had a BCG vaccine in infancy are not at risk of TB infection, even if they have had a positive TB skin test or IGRA.
- The [online TST interpreter](#) is one tool to assist with this assessment. BCG immunization history can also play a role in a positive TB skin test result. As per the Canadian TB standards 8th edition, BCG immunization history can be ignored as the cause of a positive TB skin test when:

"Immunization was given after one year of age AND there has been no known exposure to TB disease or other risk factors for TB infection AND the person is either Canadian-born non-Indigenous OR an immigrant/visitor from a low-TB-incidence country (<50 cases per 100,000 persons per year.)"
- TB preventative treatment is available from GBPH at no cost for patients.
- Additional resources:
 - [Canadian TB standards 8th edition Canadian Journal of Respiratory](#)
 - World Health Organization: [Tuberculosis](#).
 - Government of Canada: [Tuberculosis \(TB\): For health professionals](#).

Supporting patients through physical activity

- Physical inactivity is a leading contributor to chronic disease and increased health-care costs in Canada.
- Despite strong evidence that regular physical activity reduces the risk of non-communicable diseases (e.g., heart disease, diabetes, certain cancers), chronic disease risk factors (e.g. elevated blood lipids and hypertension), anxiety and depression, and premature mortality, physical inactivity remains prevalent.
- Healthcare providers can play a pivotal role in reversing these trends by incorporating physical activity discussions into routine patient care. Brief interventions in primary care settings have been shown to significantly improve patient adherence to physical activity recommendations (Sallis et al., 2016).
- Physicians can:
 - ASK, ASSESS and ADVISE physical activity levels and use the Canadian Society of Exercise Physiologist's [Physical Activity Assessment](#) to tailor recommendations.
 - Provide brief exercise counseling and prescribe exercise and movement using the [Exercise Prescription and Referral Tool](#) (CFPC, 2014).
 - Refer to exercise professionals, such as kinesiologists or physiotherapists, to support long-term behavior change and a safe return to physical activity.
 - Encourage daily movement by promoting small, sustainable changes, like active commuting and transportation methods, walking breaks, etc.
 - Build knowledge and expertise in physical activity through professional development and learning opportunities available from [CSEP Online Learning](#) and other recognized providers.

Resources for Primary Care Professionals

- Grey Bruce Public Health has updated its one-page STI Treatment Reference Guide for Primary Care Providers. Link: [STI Treatment Reference Guide](#). This version includes updated guidance for treating uncomplicated gonococcal infections for adults and adolescents aged 10 and older.

Educational opportunities

- [META:PHI Virtual Conference - April 4 & 5, 2025](#)
- There is a passion among local healthcare providers to support people who use substances in achieving optimal health and well-being. GBPH is pleased to share information about this opportunity for collaborative learning and discussion with others from across Ontario about healthcare for people who use substances.
- The theme of the META:PHI Conference 2025 is "Substance Use Health is Community Health." The agenda is full of highly relevant and dynamic content, with presenters from research, policy, primary care, various hospital settings, and more.
- A selection of sessions includes:
 - Opening Keynote: The Role of Healthcare Providers in Informing Policy and Evidence-Based Healthcare Amidst the Toxic Illicit Drug Crisis.
 - Enhancing Hospital Care for Youth with Substance Use.
 - Engaging in Substance Use Healthcare During Pregnancy.
 - Navigating Cannabis Use in Addiction Medicine Practices within a Legalized Era.
 - New Guidelines for Methadone Prescribing.
 - Panel Discussion: Enhancing Health Outcomes Through Connection: Peer Support and The Neighbourhood Group.
- For registration information, follow the prompts on this [page](#).