

Monthly Newsletter



MEASLES

- Highly contagious respiratory virus
- Measles cases are predominantly associated with travel
- Due to an increase in measles activity globally, Ontario has begun to see more cases of measles
- At risk groups: Those who have not had a previous measles infection OR have not had two doses of measles containing vaccine (e.g. MMR vaccine). Adults born before 1970 are presumed to have immunity through previous measles infection at a young age
 - **Thus, the impact on Long-term Care and Retirement Homes is predicted to be minor**
- Immunization is the best protection against Measles

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



As of April 24, 2024, 14 confirmed cases of measles were reported in Ontario in 2024

DO'S & DONT'S OF DIRTY LAUNDRY

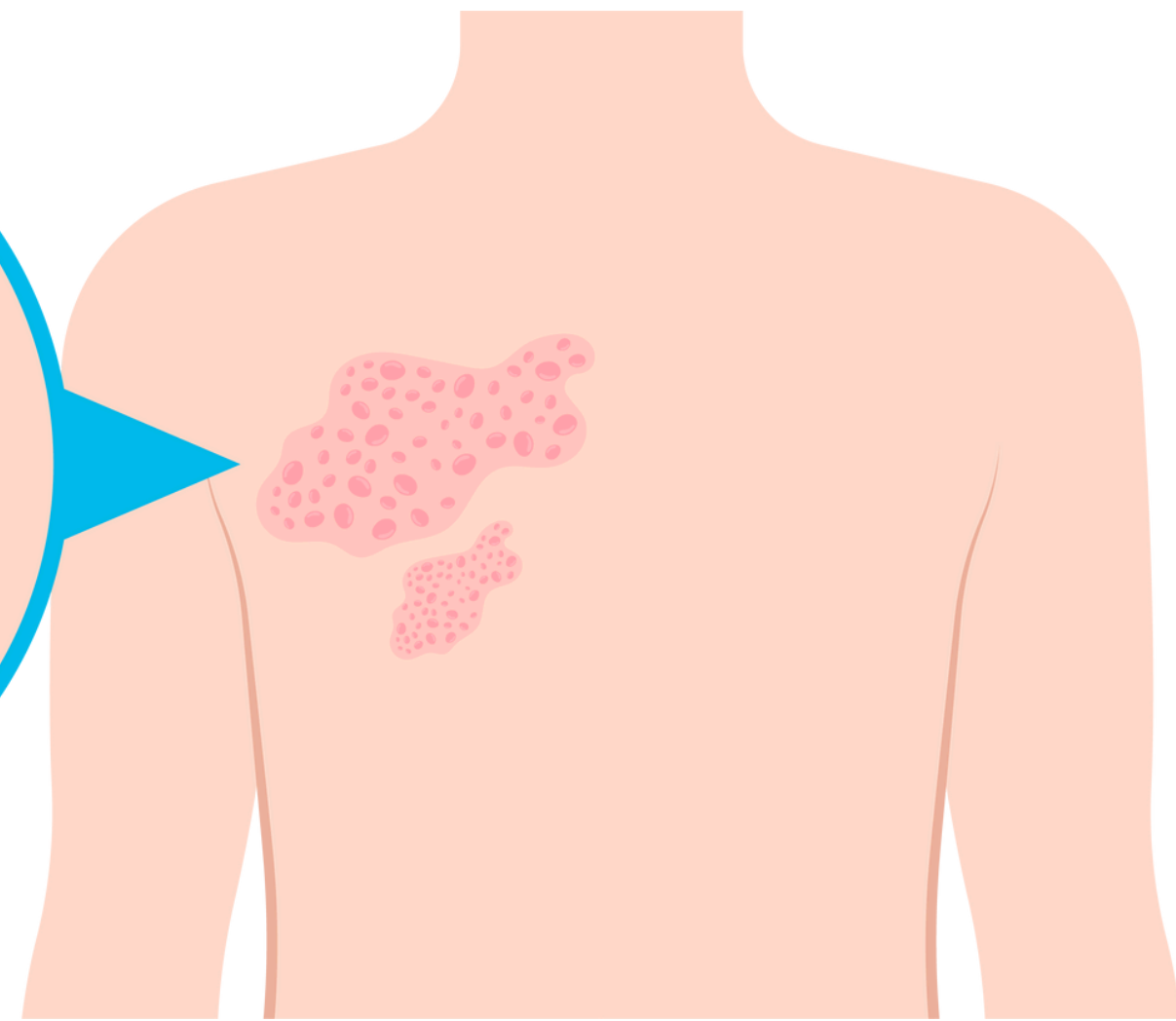
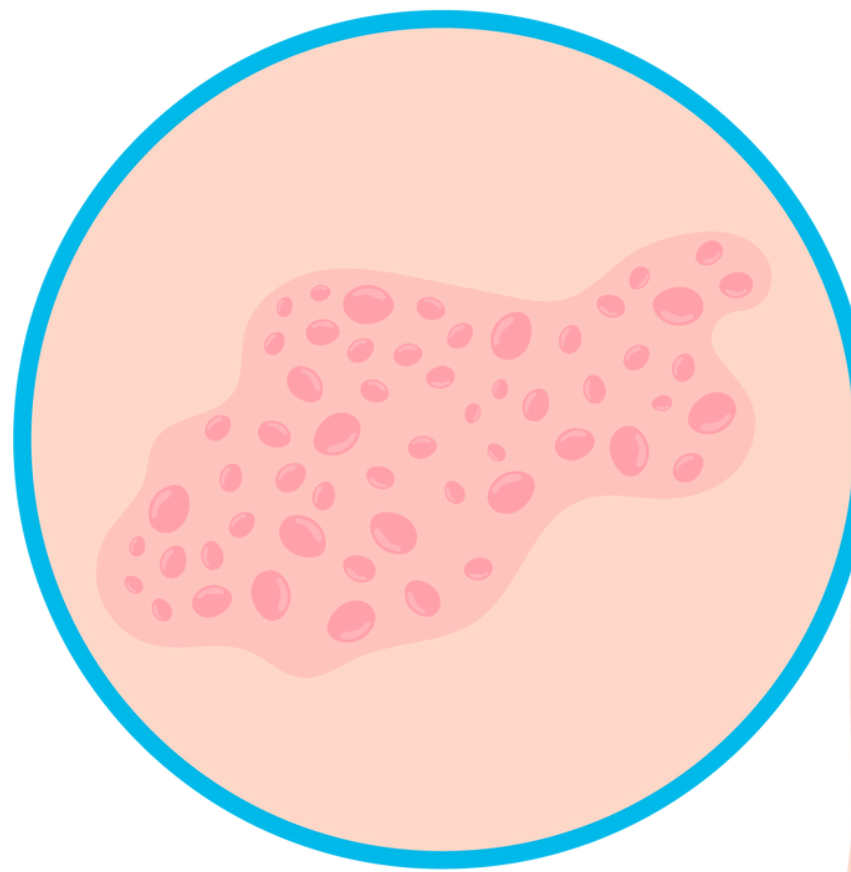
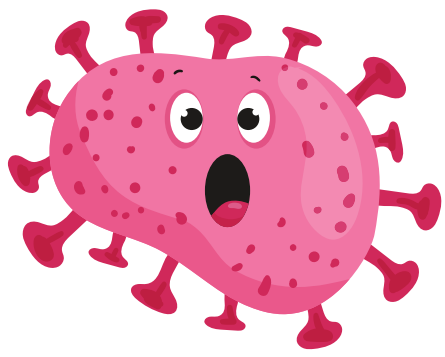
DO'S

- DO** Remove gross soil (e.g. feces with gloved hand and dispose into toilet)
- DO** Bag soiled laundry at point-of-care and handle the laundry with minimum agitation to avoid contamination of the air, surfaces and person's (e.g roll up)
- DO** Contain wet laundry before placing it in a laundry bag (e.g., wrap in a dry sheet or towel)
- DO** Change PPE when it becomes wet or soiled and remove upon leaving the soiled sorting area. Remember hand hygiene whenever gloves are changed or removed
- DO** get Immunization against hepatitis B and tetanus due to the high risk of sharps injury

DONT's

- DON'T** consume food or beverages in laundry areas
- DON'T** sort or pre-rinse soiled laundry in care areas.
- DON'T** carry soiled linen against the body
- DON'T** wash resident laundry with environmental cleaning items such as cloths and mop heads. They should be washed **SEPARATELY**
- DON'T** leave laundered items sitting in the washer. Place in dryer as soon as possible

BUG OF THE MONTH SHINGLES



WHAT IS IT?

- Caused by the varicella zoster virus - the virus that also causes chickenpox
- After (if) you've had chickenpox, the varicella virus becomes dormant (inactive) in the body
- The virus may reactivate years later, known as Shingles
- This virus most often reactivates when the person's immune system is weakened due to health problems

SIGNS AND SYMPTOMS

- Pain, tingling or itching followed by painful rash
- Potential symptoms before rash: headache, photophobia (light sensitivity), malaise, chills, upset stomach
- *Rash*: strip around torso (left or right) or one side of the face. Rash can develop anywhere on the body
 - Small, fluid filled blisters that dry, scab over, and heal within a few weeks



DID YOU KNOW??



- Those at highest risk include:
 - People over 50 AND
 - People with weakened immune systems
- People with Shingles cannot spread the virus before the blisters appear or after the blisters scab over
- People with Chickenpox are more likely to spread the Varicella Virus than those with Shingles

- Vaccination is the gold standard of prevention. Those over 50 can receive the Shingrix vaccine from their health care providers
- **Localized** Shingles involves one or two areas of the body. **Disseminated** Shingles involves generalized skin eruptions beyond the usual torso and face

TRANSMISSION

You CANNOT get Shingles from a person that has Shingles.

HOWEVER, if you've never had chickenpox or received the vaccine, you can become infected with chickenpox from somebody with active shingles. It is transmitted via direct contact with fluid from the shingles rash blisters or from breathing in virus particles from the blisters

IPAC CONSIDERATIONS

- If Shingles is diagnosed as **localized**, routine practices and Point-of-Care Risk Assessments are required.
 - The rash should be covered until the blisters are dry and crusted over
 - Advise client not to touch or scratch the rash
- If a HCW is immunocompromised, or has not had chickenpox or vaccination, they should not provide care to a client with Shingles
- Although not as common, **disseminated** shingles can still occur and requires Airborne Contact precautions



COMING SOON

We're excited to announce the launch of the Halton IPAC Hub website, where you can find the monthly newsletter, resources, and much more. Stay tuned!



FEEDBACK SURVEY

Please scan the QR code with your cell phone camera and provide the IPAC Hub with feedback and topic suggestions. Thank you!

[Survey Link](#)

REFERENCES

Centers for Disease Control and Prevention. (2023, May 10). About Shingles (Herpes Zoster). <https://www.cdc.gov/shingles/about/index.html>

Centers for Disease Control and Prevention. (2019, June 18). Measles it isn't just a little rash: Parent infographic. <https://www.cdc.gov/measles/parent-infographic.html>

Public Health Agency of Canada. (2024, March 27). Rapid risk assessment: Measles in Canada, public health implications in 2024. Government of Canada. <https://www.canada.ca/en/public-health/services/emergency-preparedness-response/rapid-risk-assessments-public-health-professionals/rapid-risk-assessment-measles-public-health-implications-2024.html>

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Public Health Agency of Canada. (2013, August 2). Government of Canada. Fact Sheet - Shingles (Herpes Zoster) <https://www.canada.ca/en/public-health/services/infectious-diseases/fact-sheet-shingles-herpes-zoster.html>

Public Health Ontario. (2024, April 25). Measles in Ontario. https://www.publichealthontario.ca/-/media/Documents/M/24/measles-ontario-epi-summary.pdf?rev=da3ffec26cc0471f83ed9de3ca356e1c&sc_lang=en

Public Health Ontario. (2018, April). Best practices for environmental cleaning for prevention and control of infections in all health care settings. <https://www.publichealthontario.ca/-/media/documents/b/2018/bp-environmental-cleaning.pdf>

RESOURCES

Measles:

[Interim IPAC Recommendations and Use of PPE for Care of Individuals with Suspect or Confirmed Measles](#)

[Measles in Ontario](#)

[Measles: Information for Health Care Providers](#)

Laundry:

[PIDAC: Best Practices for Environmental Cleaning for Prevention and Control of Infections in All Health Care Settings](#)

Shingles:

[Public Health Agency of Canada: Fact Sheet - Shingles \(Herpes Zoster\)](#)

[Centre for Disease Control and Prevention: Shingles \(Herpes Zoster\)](#)