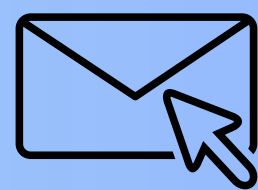


# Monthly Newsletter



January 2025



# 2025

## HAPPY NEW YEAR

As we enter 2025, we would like to extend our warmest wishes to our partners in congregate settings! Together, let's continue strengthening our collaboration, sharing knowledge, and working towards the well-being of all those we serve!

## ENVIRONMENTAL CLEANING REMINDERS:

Before using disinfectants or cleaning products, be sure to read the labels for:

- **Proper use:** application instructions, surface types, contact time
- **Safety precautions:** warnings on what PPE to use (ie gloves), ventilation
- **Effectiveness:** which germs or viruses is it targeting?
- **Expiration date:** effectiveness may decrease afterward
- **Drug Identification Number (DIN)**- means it's approved by Health Canada

**\*\*Check out this handy factsheet on “[Reading the Labels](#)” which can also be found at [www.haltonipachub.ca](http://www.haltonipachub.ca)**

### Always Read the Labels!

Reading the label ensures the disinfectant works the right way and keeps you, others, and the environment safe!

ALWAYS ASK IF YOU ARE UNSURE!

Here are a few things to pay attention to when reading a label:

#### IS IT A CLEANER, DISINFECTANT, OR BOTH?

- Always make sure the surface is not visibly soiled before using it as a disinfectant!

#### DIRECTIONS

- Ensure the product is safe for the surface being disinfected
- Learn the proper application method
- Check storage instructions for when the product is not in use

#### CONTACT TIME

- How long a disinfectant needs to remain on a surface to effectively eliminate germs, bacteria, or viruses
- For example, a disinfectant with a 5-minute contact time requires the surface to stay wet for 5 minutes!

#### WHAT'S IT KILLING?

- Labels must indicate targeted pathogens (bacteria, viruses, fungi)
- Use products that kill a wide range of germs

#### PPE USE

- Check required PPE (e.g., gloves, mask)
- Check if it should be used in a well-ventilated area
- Know how to dispose of the product properly

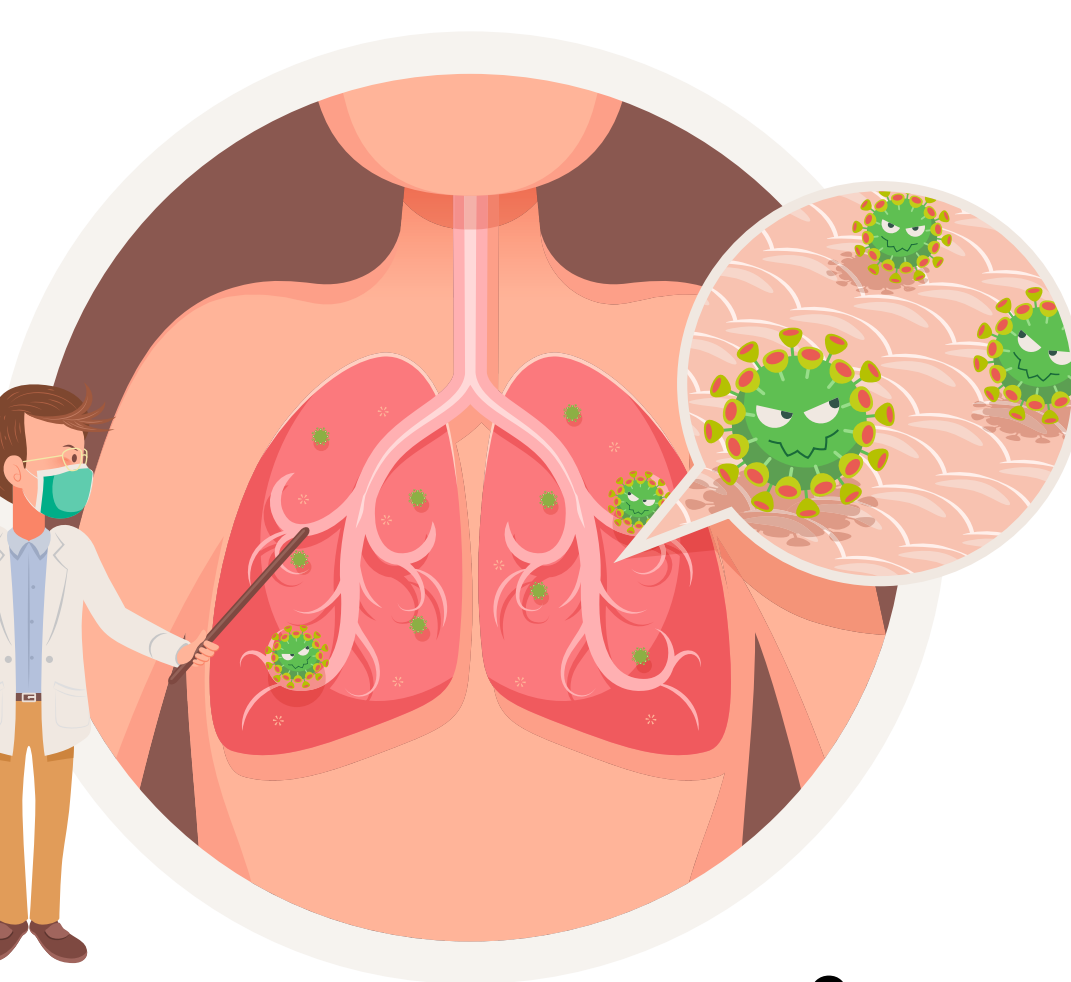
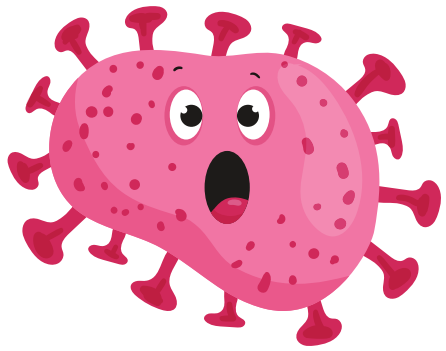
Don't forget to check the **EXPIRY DATE** and confirm that the disinfectant has a **DIN** from Health Canada!

Reference:  
Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018.





# BUG OF THE MONTH:



# Mycoplasma Pneumoniae

## WHAT IS IT?

- M. pneumoniae is a bacteria that is the common cause of upper respiratory tract infections, bronchitis and mycoplasma pneumonia 'atypical' community-acquired pneumonia
- The bacteria can damage the lining of the respiratory tract, including the windpipe and lungs
- Overall, M. pneumoniae infections are typically mild.
  - Most common: Tracheobronchitis (chest cold)
  - Less common: Pneumonia (lung infection)

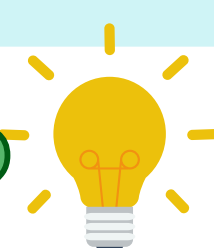
## SIGNS AND SYMPTOMS

- Chest pain, chills and fever
- Cough and shortness of breath
- Fever, fatigue and headache
- Sore throat

Symptoms are often mild and appear over 1 to 3 weeks. They may become more severe in some people



## DID YOU KNOW??



- Mycoplasma pneumonia is referred to as "atypical pneumonia" due to its distinct symptoms compared to those caused by common bacterial pneumonia
  - Individuals with M. pneumonia may appear less ill than expected, often exhibiting mild symptoms that don't require bed rest, leading to the term "walking pneumonia"
- In children under 5, symptoms may include diarrhea, sneezing, sore throat, stuffy/runny nose, vomiting, watery eyes, and wheezing
- Currently, no vaccine is available in Canada

### Risk Factors

- Age: Most common in young adults and school-aged children, but more severe in older adults
- Length of exposure: Higher risk for those in close contact with an infected person (e.g., living together)
- Environment: Increased risk in crowded or congregate settings
- Health Conditions: Higher risk for those recovering from respiratory illnesses, with preexisting lung conditions (e.g., asthma), or a weakened immune system

## TRANSMISSION

- M. pneumoniae is mainly spread through respiratory droplets from infected individuals via coughing and sneezing
- Indirect transmission can occur if droplets land on surfaces, leading to potential infection if you touch contaminated surfaces and then your face
- The bacteria can be transmitted 2 to 8 days before symptoms appear and for up to 14 weeks after infection

## IPAC CONSIDERATIONS

### Prevention and Management

- Place residents/clients with new respiratory symptoms on droplet-contact precautions
- Enhance environmental cleaning and disinfection of high touch surfaces
- Stay home when you are ill and follow proper respiratory etiquette. See [Respiratory Etiquette Signage](#)

If M. pneumoniae is suspected, contact your local public health unit for guidance and direction



# 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, November 27). About Mycoplasma pneumoniae. Centers for Disease Control and Prevention. <https://www.cdc.gov/mycoplasma/about/index.html>

Government of Canada. (2021, May 28). Mycoplasma pneumoniae. Public Health Agency of Canada. <https://www.canada.ca/en/public-health/services/laboratory-biosafety-biosecurity/pathogen-safety-data-sheets-risk-assessment/mycoplasma-pneumoniae.html>

Mount Sinai Health System. (n.d.). Mycoplasma pneumonia. Mount Sinai Health System. <https://www.mountsinai.org/health-library/diseases/conditions/mycoplasma-pneumonia>

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018.

Public Health Ontario. (n.d.). Mycoplasma pneumoniae respiratory PCR. Public Health Ontario. <https://www.publichealthontario.ca/en/laboratory-services/test-information-index/mycoplasma-pneumoniae-respiratory-pcr>

## RESOURCES

### **ENVIRONMENTAL CLEANING REMINDERS:**

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

### **MYCOPLASMA PNEUMONIAE:**

[Government of Canada - Mycoplasma Pneumoniae: Infectious substances pathogen safety data sheet](#)

[Mount Sinai Health System: Mycoplasma Pneumonia](#)

[Public Health Ontario: Mycoplasma Pneumoniae](#)