



October 2022 Edition



COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

WEB: WWW.ASK4CARE.COM.

## ASK4CARE Employee of the Month for October is Alaba Christopher Itamakinde!

**Alaba Christopher Itamakinde (Chris)** is best described for his kindness, integrity, and reliability. Chris is passionate about caring and serving others, especially the vulnerable and people with special needs.



During a shift at a Barrie group home location, Chris was injured by a male resident. He handled the situation expertly

by avoiding the use of physical force and calming the resident down by repeating his words, as Chris knew that the resident tends to get stuck in his own thoughts.

This memorable moment illustrates how Chris recognizes the importance of meeting the individual needs of residents, his ability to control his emotions, and demonstrates best practices when handling difficult situations.

"Passion is an important tool of compassion, doing the right things at all times. These and more require of a great caregiver." - Chris



We are proud to have you as our **October 2022 Employee of the Month!** Thank you, Chris, for your hard work and being an excellent role model!

## Spooky Spider Halloween Hot Dogs

Use crescent rolls and hot dogs to make this Halloween version of pigs in a blanket. Kids love them, and they are an easy snack for a Halloween party.



Prep Time: 20 min

Cook Time: 15 min

Servings: 8



### Ingredients:

1 (8 ounce) can refrigerated crescent rolls

8 hot dogs

2 tablespoons ketchup, or to taste

### Directions:

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Unroll crescent dough. Pinch or press the perforation between the triangles to get 4 rectangular pieces. Cut rectangles in half lengthwise so you have 8 narrow strips.
3. Make a 2-inch slice through the center of one end of a hot dog. Cut two more 2-inch slices on either side of that, so that the 'legs' are about the same thickness. Repeat on the other end. Cut 'legs' into the remaining hot dogs.
4. Roll a crescent strip around the center of each dog. Place spider dogs on an ungreased baking sheet.
5. Bake in the preheated oven until golden brown, about 11 minutes. Dip a chopstick into some ketchup and dot 'eyes' onto each spider. Serve with remaining ketchup.

### Source

Fabeveryday. (2019, Sept 25). Spooky spider Halloween hot dogs. *Allrecipes*.  
<https://www.allrecipes.com/recipe/267865/spooky-spider-halloween-hot-dogs/>





# RSV not just a Kids Problem, Doctors Warn as Infections Surge in Canada

Saba Aziz, Global News

Posted November 23, 2022

As rising cases of RSV among children fill pediatric hospitals across Canada, doctors say an increasing number of older adults are contracting the contagious respiratory virus as well and falling sick.

In recent weeks, Canada has seen an uptick in respiratory syncytial virus (RSV) infections – a common seasonal virus – as well as influenza and COVID-19 cases.

The spread of RSV “remains above expected levels” for this time of the year, **according to Health Canada’s latest report**, that detected a 7.7 per cent national positivity rate and 1,661 cases for the week ending Nov. 12.



## Respiratory Syncytial Virus (RSV) SYMPTOMS

INFANTS	CHILDREN	ADULTS
Irritability Poor feeding Lethargy Apnea (pauses in breathing) Fever (not always present)	Runny nose Decreased appetite Cough Sneezing Fever	Runny nose Sore throat Cough Headache Fatigue

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If you or your child is having difficulty breathing, go to the nearest Emergency Department immediately or call 911.

While RSV is very contagious among kids under five years of age and can cause serious infection in babies, it's not a disease that is exclusive to young children, said Dr. Donald Vinh, an infectious disease specialist and medical microbiologist at the McGill University Health Centre (MUHC).

**Anyone can contract RSV**, and adults above the age of 65 years and those with underlying diseases are also at an increased risk of getting severely affected, he told Global News.

While children's hospitals are currently feeling the strain of RSV and flu cases, there is **concern about the negative impact of “onward transmission” to the elderly.**

“We’re quite worried about this tripledemic in older adults as well – influenza, COVID-19, but also RSV,” said Dr. Samir Sinha, director of geriatrics at Sinai Health and University Health Network hospitals in Toronto.

“And right now, we are quite concerned of what this will mean for our hospitals caring for adult patients as well,” he added.

## What are the symptoms?

RSV infects the respiratory tract and, just like the common cold, symptoms typically include fever, coughing, sneezing, runny or blocked nose, sore throat, breathing problems and fatigue.

These tend to show four to six days after infection, and people infected with RSV are contagious for three to eight days, according to the U.S. Centres for Disease Control and Prevent (CDC).

Like COVID-19, RSV spreads through respiratory droplets when an infected person coughs or sneezes. It can also spread by kissing or coming in contact with surfaces contaminated with the virus.

In infants, RSV may also cause bronchiolitis, which is an inflammation of the lungs, or pneumonia, the CDC states. And sometimes a severe RSV infection in young children can be deadly.

In fact, two per cent of all deaths in children less than five years of age is attributable to RSV, said Vinh.

Meanwhile, older children and healthy adults usually experience milder symptoms, the Canadian Lung Association says.

Because older adults tend to have chronic health issues, there is a risk of an RSV infection triggering severe outcomes, such as heart attacks, pneumonia or even death, said Sinha.

## IS IT RSV OR COVID-19?

SYMPTOM	RSV	COVID-19
COUGH	✓	✓
SORE THROAT	✓	✓
RUNNY OR STUFFY NOSE	✓	✓
FEVER	✓	✓
SHORTNESS OF BREATH	✓	✓
LOSS OF TASTE AND/OR SMELL		✓
DIARRHEA AND/OR VOMITING		✓
SKIN RASHES		✓
RED, SWOLLEN EYES		✓
ONSET	2-6 days after infection	About 5 days after infection but can range from 2-14 days
SNEEZING	✓	
WHEEZING	✓	

“There’s a huge burden of RSV illness that occurs annually among older adults during cold and flu season and it is a significant cause of hospitalizations and death within this population as well.”

The Public Health Agency of Canada (PHAC) does not publish information on RSV cases, hospitalizations, or deaths by age.

## How to protect yourself

**Currently, there are no vaccines or drugs to treat RSV.**

To relieve symptoms, pain medications such as Advil and Tylenol may be used as well as plenty of fluids.

Several vaccine manufacturers are rushing to create an RSV shot specifically for older adults “that hopefully will be out by next year”, said Sinha.





Vinh said the best protection against RSV is to prevent yourself from getting infected in the first place, because “there’s very little to offer” if you develop health complications.

For now, **doctors are recommending the same public health measures**, such as hand washing, masking and ventilation that have been used to curb COVID-19 spread.



Sinha also advised **staying up to date with available vaccinations to prevent other respiratory illnesses**.

To reduce RSV complications in infants, the National Advisory Committee on Immunization (NACI) has recommended the use of palivizumab, which is a monoclonal antibody.

## Source

Aziz, S. (2022, Nov 23). RSV not just a kids problem, doctors warn as infections surge in Canada. *Global News*. <https://globalnews.ca/news/9299674/rsv-adults-canada-symptoms/>