

*McGill Nursing & Montreal City Mission Presents:*

# Child health; Common Illnesses & Vaccines



November 16th, 6-7pm

**McGill**



Montreal City  
**Mission**  
communautaire de Montréal



*Montreal*



*United States*

# Hello!

We are **Yinka** & **Catherine**...

...and we are 4th year Nursing Students at McGill!



## What to Expect this Evening...

1. **Get to Know You**  
*Poll*
2. **Childhood Illnesses**  
*with Catherine*
3. **Childhood Vaccines**  
*with Yinka*
4. **Questions!**

**Questions? Feel free to Un-mute or type your questions in the Chat!**

Cameras may remain **on** or **off**; whichever you prefer. While we are presenting, we ask that you remain muted! Thank you

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1.

# Potential Poll

Tell us about yourself!

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2.

# Childhood Illnesses

*Resources for common childhood illnesses*





# Overview of Topics

Treating illness



Emergencies



Resources



Mental health



Covid-19



Questions





# Overview of Topics

Treating illness

Emergencies

Resources



Mental health

Covid-19

Questions



# Common Illnesses

## *Symptoms & treatments*

When to go to the doctor, when it is okay to stay home





## Common cold

### Symptoms

- Runny nose, sneezing, cough, sore throat
- Feeling tired, headache, low appetite

*The cold virus is spread through droplets produced by coughing and sneezing*





## Common cold

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### Treatment

- Rest, drink lots of fluids, healthy meals
- Wash hands frequently, clean surfaces

*There is no prescription medication or treatment for the common cold*



## Common cold

**No need to see a doctor**

if the illness is mild

*When to seek medical treatment:*

- Difficulty breathing
- Fussy, can't be comforted
- Thick green/yellow discharge for 10-14 days

**Your child can attend school**

if they don't have a fever and feel well enough to go





## Flu

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### Symptoms

- ⦿ Fever, chills, shakes
- ⦿ Muscle aches, feeling tired
- ⦿ Cough, sore throat
- ⦿ Upset stomach, vomiting, diarrhea

*There are vaccines available to prevent the flu!*



## Flu

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### Treatment

- Rest, drink lots of fluids, healthy meals
- Comfort!

*Can use ibuprofen (Motrin) or acetaminophen (Tylenol) for pain and fever*



## Flu

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Call the **doctor** if your child:

- Has trouble breathing
- Is coughing up blood
- Is vomiting and not drinking
- Has not improved in 5 days



## Flu

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Go to the **emergency room** if your child:

- Has trouble breathing AND lips are blue
- Is limp, weak, and unable to move
- Has a stiff neck
- Seems confused
- Has a seizure

*Do not send your child to school if:*

- They have a fever*
- They are vomiting*
- They have diarrhea*



“





## Chickenpox

### Symptoms

- Fever
- A rash will appear within 1-2 days

*Chickenpox is VERY contagious in the days before the rash appears*





## Chicken Pox

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### Treatment

- ⦿ Rest, drink lots of fluids, healthy meals
- ⦿ Encourage NOT to scratch
- ⦿ Anti-itch creams

*There are vaccines available to prevent chickenpox!*



## Chicken Pox

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Call the **doctor** if your child:

- They have a high fever
- The rash spreads inside their mouth
- The spots become swollen, red and sore
- Refuses to play, eat or drink

*They can go back to school once the spots scab over or they get no new spots in 24h*



## Pink Eye

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### Symptoms

- Itchy or scratchy eyes
- Tearing
- The whites look red or pink
- There may be pus or discharge

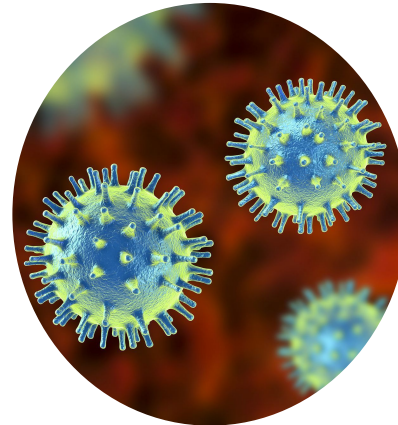


## Pink Eye

### Treatment



Bacterial



Viral



## **Pink Eye**

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Take your child to the doctor!

*They will determine if your child will need antibiotics*

*They can go to school after 24h of antibiotics*



## Strep Throat

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### Symptoms

- ⦿ Sore throat
- ⦿ Trouble swallowing
- ⦿ Swollen neck



## Strep Throat

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### Treatment

- Rest, drink lots of fluids, healthy meals
- Gargling salt water

*Occasionally antibiotics may be prescribed*





## Strep Throat

Take your child to the doctor!



*They can go to school after 24h of antibiotics*



## Overview of Topics

Treating illness



Emergencies



Resources



**Mental health**



Covid-19



Questions



# **Mental Health**

***In children and adolescents***

Signs, resources for help



## Common mental illnesses

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Depression

Suicidal  
thoughts

Eating  
disorders

Anxiety



## Signs your child may be struggling

### Changes in mood

- Irritable, angry
- Sad, upset
- Impulsive

### Changes in behavior

- Loss of interest in activities
- Appetite
- Sleep
- Isolation

### Self harm

- Self-talk
- Cutting, burning
- Substance abuse



## Resources





# Overview of Topics

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# Emergencies

*Where and when to go*

Montreal pediatric emergency rooms





## When to go to the emergency room

- Allergic reactions
- Broken bones
- Coughing, vomiting, stooling blood
- Severe abdominal or chest pain
- Trouble breathing
- Dehydration
- Altered mental state
- Mental health crisis



**Only go for  
emergencies!**



***If you aren't sure, call 811!***



## Montreal pediatric ERs



**CHU Sainte-Justine**  
Research Center

Mother and Child  
University Hospital Center



**Hôpital Maisonneuve-Rosemont**  
Centre affilié à l'Université de Montréal

Hôpital de Montréal  
pour enfants

Centre universitaire  
de santé McGill



Montreal Children's  
Hospital

McGill University  
Health Centre



## Overview of Topics

Treating illness



Emergencies



Resources



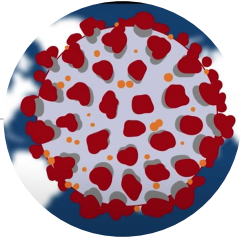
Mental health



**Covid-19**



Questions



# Covid-19

## *In children and adolescents*

Testing & treatment



# Signs and Symptoms

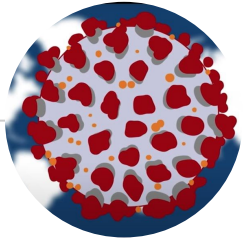
## BOSTON CHILDREN'S CHECKLIST

Match the symptoms with the illness

|                     | <br>COVID19 | <br>Cold | <br>Flu | <br>Allergies |
|---------------------|--|---|--|--|
| Fever               | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>   | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>  |
| Cough               | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>   | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>  |
| Sore throat         | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>   | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>  |
| Shortness of breath | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>   | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>  |
| Fatigue             | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>   | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>  |
| Diarrhea            | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>   | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>  |
| Vomiting            | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>   | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>  |
| Runny nose          | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>   | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>  |
| Body aches          | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>   | <input checked="" type="checkbox"/>  | <input checked="" type="checkbox"/>  |

# Get tested!





## Covid-19

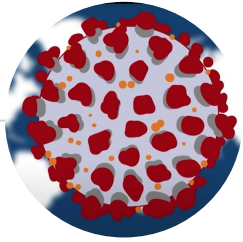
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### Treatment

- ⦿ Rest, drink lots of fluids, healthy meals
- ⦿ Isolation
- ⦿ Comfort

*Vaccines are available for children ages 12+*





## When to seek medical treatment

### If your child:

- Has trouble breathing
- Has blue, pale, or grey nail beds and lips
- Pain or pressure in the chest that won't stop
- Can't wake them up, drowsy, sleepy, confused

**Go to the ER!**

*Make sure to call first to let them know you are coming*



# Overview of Topics

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Emergencies



Resources



Mental health



Covid-19



Questions



## Resources we've talked about today

### 811 - Info Santé

Available 24/7

Call 811 from a cell phone with a Quebec area code or a landline

### Emergency rooms

Open 24/7

3 pediatric ones in Montreal

### CLSC

Find your local CLSC:

<https://santemontreal.qc.ca/en/public/montreal-institutions-at-a-glance/clscs/>

### Clic Santé

For vaccine appointments

<https://portal3.clicsante.ca/>



## Overview of Topics

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Questions



3.

# Childhood Vaccines

*Recommended vaccine schedule for your child*



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# Check-in

Any questions so far?

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# Vaccines?

*What? Why? When? Where?*



# Roadmap

WHAT



WHEN



RESOURCES



WHY



WHERE



QUESTIONS





## **What is a vaccine?**

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a vaccine is a substance that is made from a weak or dead form of a microorganism and injected into humans, in order to prevent these microorganism from causing an illness.



## **Types of vaccines**

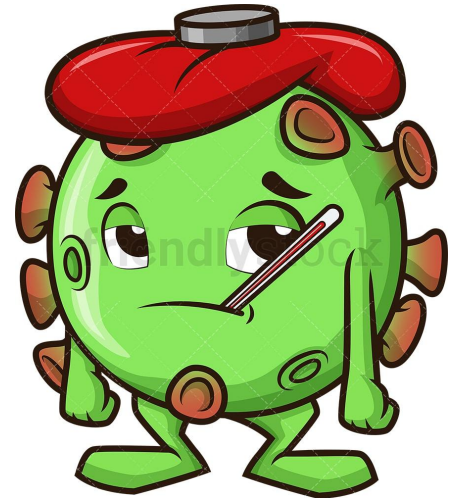
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- ❖ Live-attenuated
- ❖ Inactivated
- ❖ Toxoid
- ❖ Subunit, recombinant, polysaccharide & conjugate



## Live-attenuated vaccine

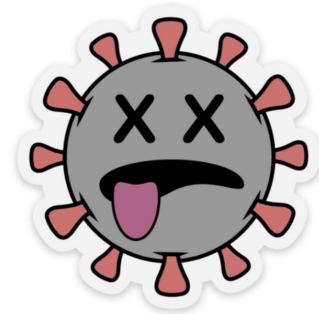
- Weak form of the germ
- Provides long-term immunity
- Similar to natural infection





## Inactivated

- Dead form of the germ
- Does not infect recipient
- May require a booster shot to maintain immunity





## Toxoid

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- ★ Vaccine made by toxin created by germ
- ★ Immune response is to the toxin and not the microorganism itself



## **Subunit, recombinant, polysaccharide & conjugate**

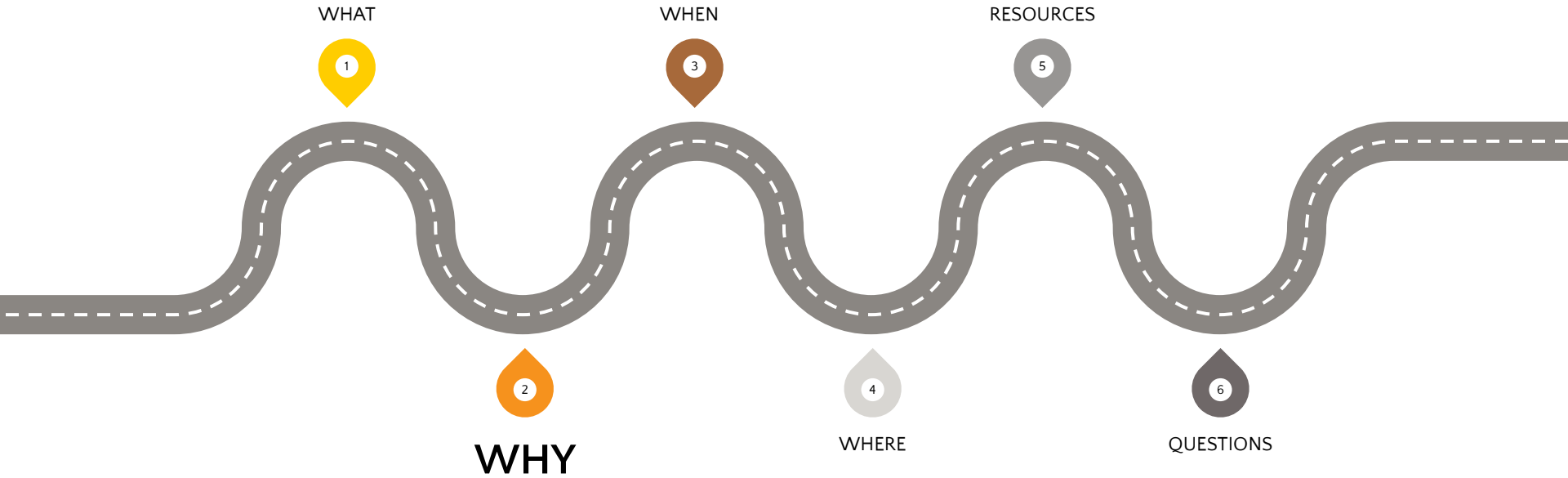
- ❑ Made using the antigenic part of the germ
  - ❑ Sugar, protein or capsid
- ❑ Provides a strong immune response

## Vaccine-Preventable Diseases and the Vaccines that Prevent Them

| Disease                | Vaccine  | Disease spread by                          | Disease symptoms  | Disease complications   |
|------------------------|--|--|---|---|
| <b>Chickenpox</b>      | Varicella vaccine protects against chickenpox.                     | Air, direct contact                        | Rash, tiredness, headache, fever  | Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)  |
| <b>Diphtheria</b>      | DTaP* vaccine protects against diphtheria.                         | Air, direct contact                        | Sore throat, mild fever, weakness, swollen glands in neck   | Swelling of the heart muscle, heart failure, coma, paralysis, death   |
| <b>Hib</b>             | Hib vaccine protects against <i>Haemophilus influenzae</i> type b. | Air, direct contact                        | May be no symptoms unless bacteria enter the blood  | Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death |
| <b>Hepatitis A</b>     | HepA vaccine protects against hepatitis A.                         | Direct contact, contaminated food or water | May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine | Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorders  |
| <b>Hepatitis B</b>     | HepB vaccine protects against hepatitis B.                         | Contact with blood or body fluids          | May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain                      | Chronic liver infection, liver failure, liver cancer  |
| <b>Influenza (Flu)</b> | Flu vaccine protects against influenza.                            | Air, direct contact                        | Fever, muscle pain, sore throat, cough, extreme fatigue   | Pneumonia (infection in the lungs)  |
| <b>Measles</b>         | MMR** vaccine protects against measles.                            | Air, direct contact                        | Rash, fever, cough, runny nose, pink eye  | Encephalitis (brain swelling), pneumonia (infection in the lungs), death  |
| <b>Mumps</b>           | MMR** vaccine protects against mumps.                              | Air, direct contact                        | Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain  | Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness  |
| <b>Pertussis</b>       | DTaP* vaccine protects against pertussis (whooping cough).         | Air, direct contact                        | Severe cough, runny nose, apnea (a pause in breathing in infants)   | Pneumonia (infection in the lungs), death   |
| <b>Polio</b>           | IPV vaccine protects against polio.                                | Air, direct contact, through the mouth     | May be no symptoms, sore throat, fever, nausea, headache  | Paralysis, death  |
| <b>Pneumococcal</b>    | PCV13 vaccine protects against pneumococcus.                       | Air, direct contact                        | May be no symptoms, pneumonia (infection in the lungs)  | Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death  |
| <b>Rotavirus</b>       | RV vaccine protects against rotavirus.                             | Through the mouth                          | Diarrhea, fever, vomiting   | Severe diarrhea, dehydration  |
| <b>Rubella</b>         | MMR** vaccine protects against rubella.                            | Air, direct contact                        | Sometimes rash, fever, swollen lymph nodes  | Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects   |
| <b>Tetanus</b>         | DTaP* vaccine protects against tetanus.                            | Exposure through cuts in skin              | Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever  | Broken bones, breathing difficulty, death   |



# Roadmap







## **Why get vaccinated?**

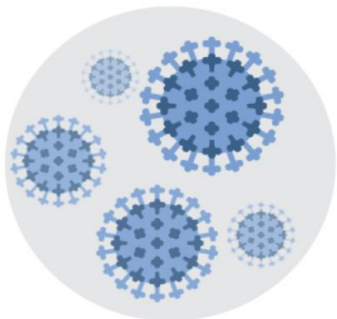
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Vaccines help to prevent illnesses in children as well as adults. It aids in preventing the spread of contagious diseases such as measles, rubella, mumps, diphtheria, polio and Covid-19.

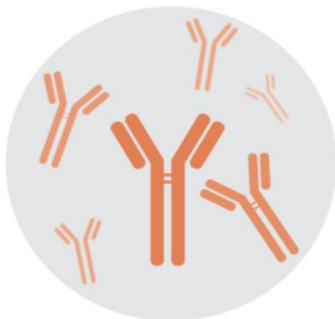


## How do vaccines work?

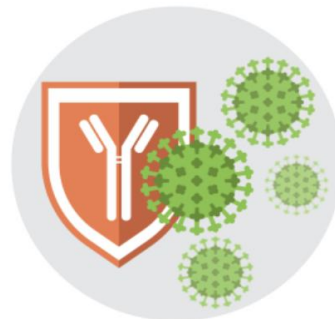
### HOW DO VACCINES WORK?



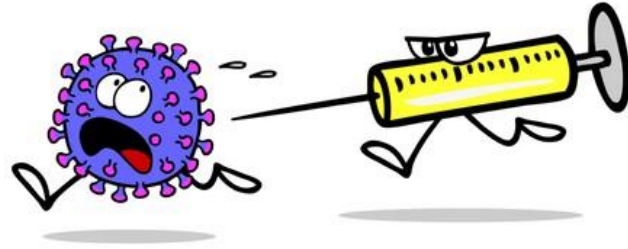
Vaccines introduce a weak or inactive form of the disease to the body.



The body reacts by stimulating the immune system and creating antibodies.



The antibodies remember the disease and can defend against it if a person becomes exposed to it.



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*Vaccines are used to build  
immunity*

“



# Types of immunity

## Active immunity

This is when a person's own body creates antibodies against a particular germ. It can happen "naturally" if the person is exposed to the germ by contact, droplet or airborne means. It can also be gotten "artificially" through vaccines. This type of immunity provides permanent or long-term protection.

## Passive immunity

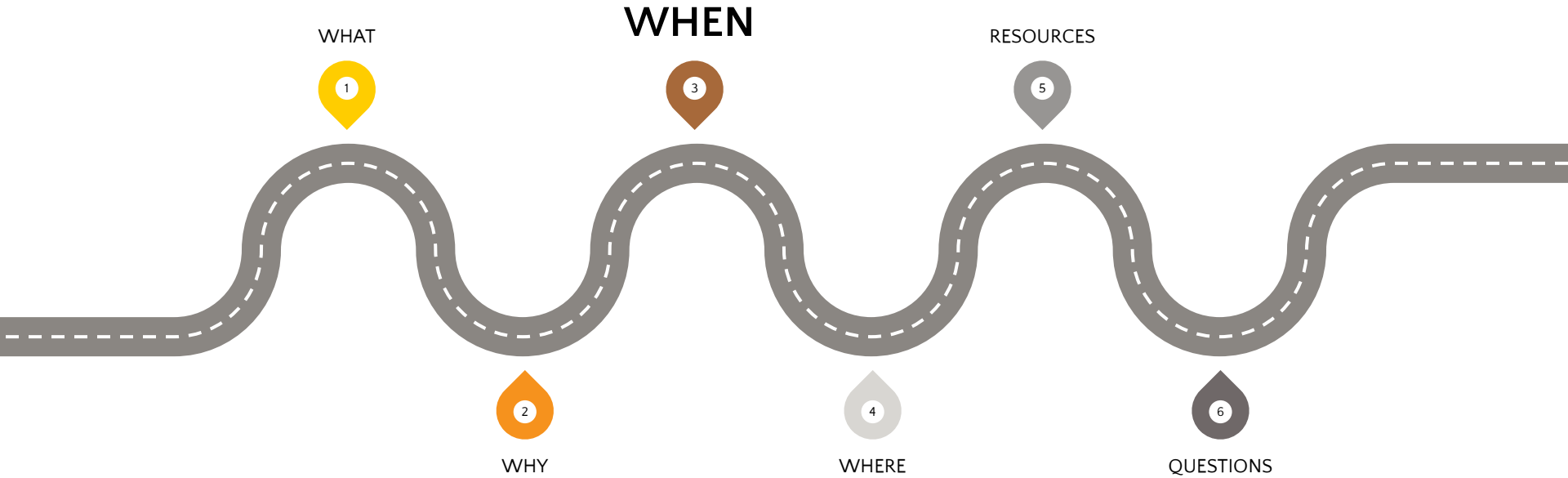
This is when a person receives antibodies from someone else. It can happen "naturally" from mother to child through the placenta or breast milk or it can be obtained "artificially" through the transfusion of immune globulins or blood products. This type of immunity provides short-term protection against the germ

## Herd immunity

This happens when there are so many people that have been immunized that the disease can no longer spread. This helps protect people that cannot take the vaccines such as people who are immunocompromised or in close contact with people who are immunocompromised, preterm infants etc



# Roadmap





# The Quebec Vaccination Schedule

| Vaccines protecting against:                            | At 2 months | At 4 months | At 6 months                | At 12 months               | At 18 months | Between 4 and 6 | Elementary 4  | Secondary 3                                |
|---|-------------|-------------|----------------------------|----------------------------|--------------|-----------------|---|--|
| Diphtheria-tetanus-whooping cough-hepatitis B-polio-Hib | ✓           | ✓           | ✓<br>(without hepatitis B) |                            | ✓            |                 |   |  |
| Pneumococcus  | ✓           | ✓           |                            | ✓                          |              |                 |   |  |
| Rotavirus   | ✓           | ✓           |                            |                            |              |                 |   |  |
| Flu, in autumn  |             |             | ✓<br>(6 to 23 months)      |                            |              |                 |   |  |
| Meningococcus C   |             |             |                            | ✓                          |              |                 |   | ✓<br>(from September 1 <sup>st</sup> 2013) |
| Measles-mumps-rubella-chicken pox                       |             |             |                            | ✓<br>(without chicken pox) | ✓            |                 |   |  |
| Diphtheria-tetanus-whooping cough-polio                 |             |             |                            |                            |              | ✓               |   | ✓<br>(without polio)                       |
| Hepatitis B   |             |             |                            |                            |              |                 | ✓<br>(the vaccine used protects also against hepatitis A) |  |
| Human papillomavirus                                    |             |             |                            |                            |              |                 | Girls only  | Girls only                                 |

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● **Catch-up schedule**

It's never too late!!!





## **Vaccines that require booster shots**

- ❖ Human papillomavirus - at least once
- ❖ Influenza virus - annually
- ❖ Measles-mumps-rubella (MMR) - 2 doses
- ❖ Tetanus, diphtheria and pertussis (Tdap) - every 10 years



## ● How are vaccines administered?

- Injections (intramuscularly)
- By mouth (rotavirus)
- Nasal spray (a form of influenza vaccine)





## Side-effects of vaccines

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### Mild

- Low grade fever
- Redness at injection site
- Pain at injection site

### Moderate

- Fever +
- Skin rash +
- Swollen lymph nodes +
- Joint pain

### Severe

- Seizure
- Anaphylaxis (severe allergic reaction)



## Common symptoms of anaphylaxis

- Hives (itchy red spots on the skin)
- Difficulty breathing
- Swelling of the face
- Vomiting
- Dizziness

**LIFE THREATENING!!!!!!**

*What do you do if your child takes a vaccine  
and is experiencing a side effect?*



“



## Interventions for side effects

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For mild and moderate reactions, you can:

- Give tylenol or ibuprofen to help with pain/fever

For a severe reaction, you should:

- **Take your child to the ER immediately!!**
- **Call 911 for an ambulance!!**



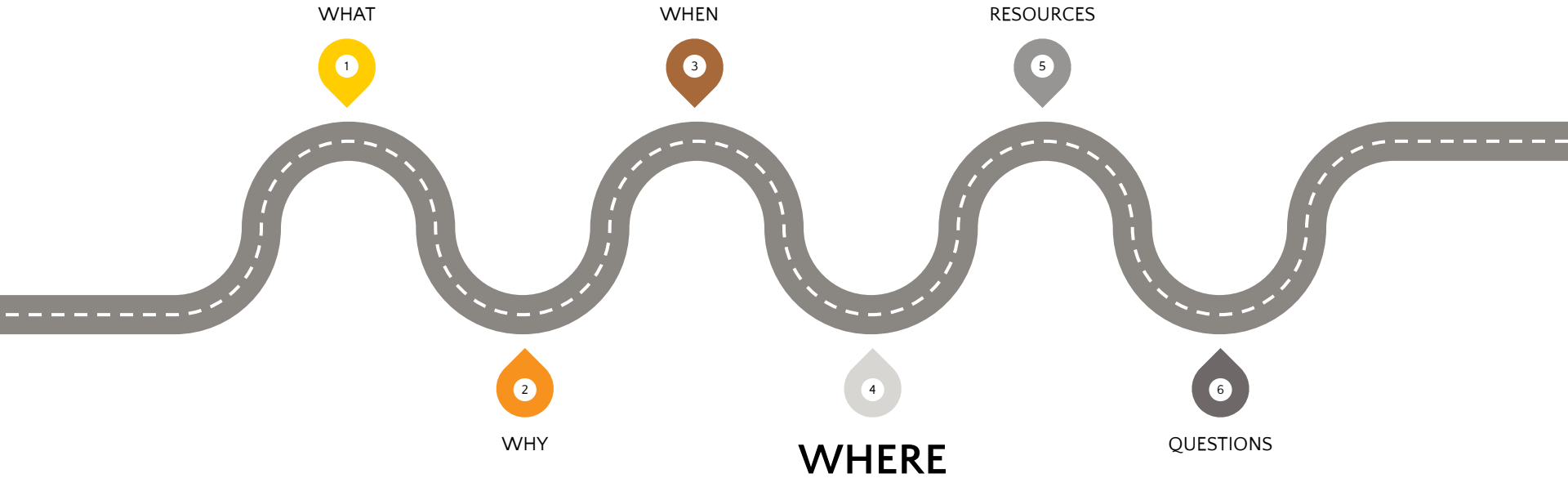
## **Contraindications to vaccines**

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- Children with a weakened immune system e.g if taking immunosuppressants, cancer patients, transplant patients or children in close contact with people who are immunocompromised.
- A child who recently received a blood transfusion or other blood products
- A child who is allergic to a formulation of vaccines such as egg whites, gelatin, antibiotics such as neomycin or streptomycin.
- Preterm infants



# Roadmap





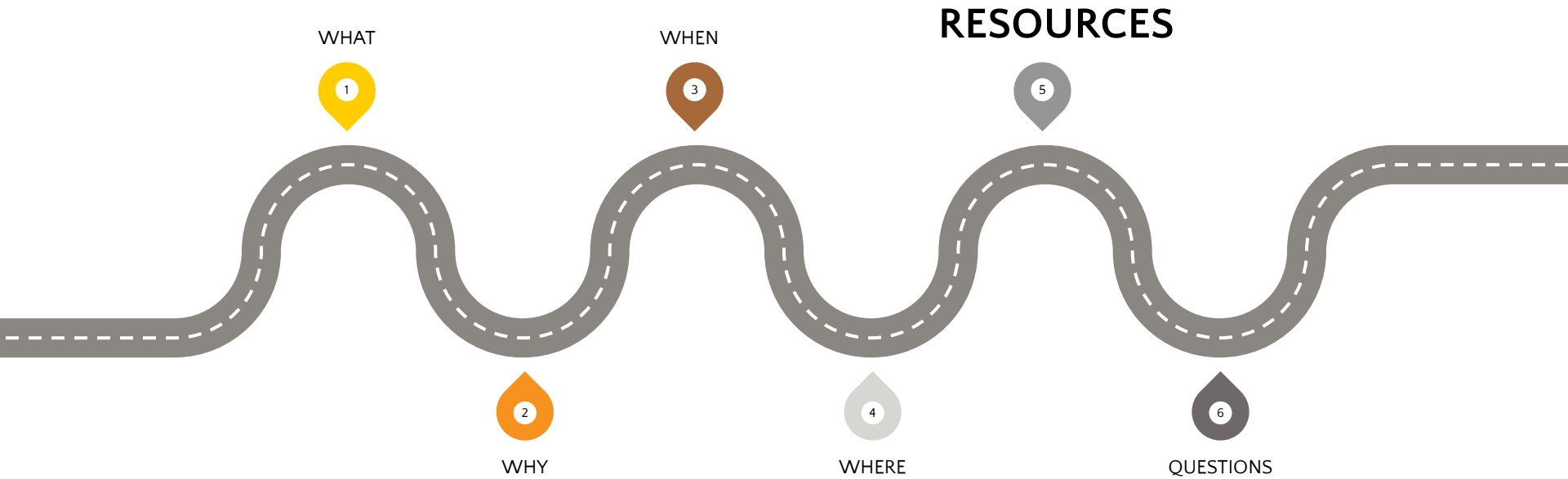
## **Where to get your child vaccinated?**

- ◉ CLSC (free)
- ◉ Pharmacies (free for influenza vaccine only)
- ◉ Children clinics (not free – private organisations)





# Roadmap





## Resources

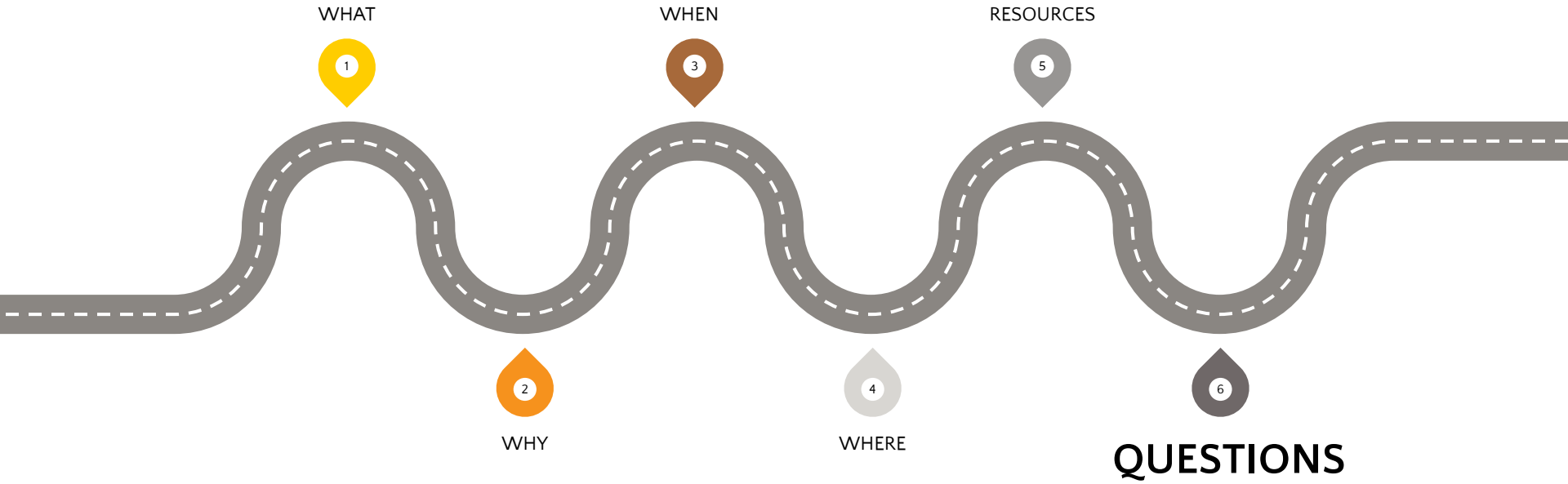
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[Info-Santé 811](#)





# Roadmap



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4.

**Questions!**



# Thank you for your time!

*One last thing before  
you go...*



Please fill out our survey!

