

Primary Health Care

Nipawin, Carrot River, Arborfield, Cumberland House and surrounding areas residing on Treaty 5 and 6 Territory.



Spring cleaning and diseases

Some people may think of spring cleaning as an opportunity to deep clean homes after the winter, to evaluate our soon-to-be-worn spring and summer clothing to see what can be given away, and perhaps to declutter. At the start of the 20th century, spring cleaning had a different purpose: helping to protect families from contagious diseases.

In early days, the warmer weather of early spring enabled people to open doors and windows to air out and thoroughly clean homes of dust and residue from coal stoves and fireplaces. It wasn't until the discovery of germ theory that spring cleaning took on a new dimension with the discovery that invisible germs were the cause of infections and caused diseases like anthrax, tuberculosis, and cholera.

Thankfully, most of these diseases have been eradicated or controlled with effective immunization but there are still some diseases that can be related to spring cleaning; one of those diseases is hantavirus.

Hantavirus infection is caused by breathing in contaminated airborne particles from the droppings, urine and saliva of infected deer mice. It can cause a rare, but potentially fatal lung disease known as hantavirus pulmonary syndrome (HPS).

It is important for people to follow basic precautions when cleaning their homes, garages, attics, sheds or barns, and particularly areas infested with rodents:

- Ventilate the space before cleaning
- Use gloves and a mask to protect yourself from potential pathogens
- Avoid stirring up dust
- Open doors and windows for at least thirty minutes

If you find mouse droppings, follow these steps:

Step 1: Put on rubber or plastic gloves.

Step 2: Spray urine and droppings with bleach solution until very wet. Let it soak for five minutes or according to instructions on the disinfectant label.

Step 3: Use paper towels to wipe up the urine or droppings and cleaning product.

Symptoms of Hantavirus

Hantavirus symptoms develop one to eight weeks after exposure. Early symptoms, such as fever, dry cough, body aches, headaches, diarrhea and abdominal pain, are similar to many other viral illnesses and can be confusing. However, if someone was involved in spring cleaning and could have been exposed to mice droppings, they should let the attending health-care practitioner know about the exposure.

Treatment of Hantavirus

There is no specific treatment for hantavirus infection. Patients are provided supportive care, including rest, hydration, and treatment of symptoms. HPS can cause breathing difficulties, and patients may need breathing support, such as intubation.

It is very important to use precautions when cleaning rodent infested areas to avoid infections like hantavirus.

- Dr. Mohammad Khan, Medical Health Officer





Welcome!

We are thrilled to welcome our new physician's to the northeast. Thank you for choosing to be part of our community—we're excited to support you as you begin this journey with us.



Dr. Naeem



Dr. Sadr

Did you know? *Your local pharmacist is able to prescribe medications for minor ailments that could save patients a visit to the medical clinic or emergency department. Pharmacists are an excellent resource for patients and can prescribe for:*

- cold and canker sores
- nail fungus
- gastric reflux
- emergency contraception
- hay fever / seasonal allergies
- mild acne
- hemorrhoids
- bladder infections
- birth control
- shingles
- athlete's foot, ringworm, groin itch
- eye infection (conjunctivitis)
- influenza (in epidemic or pandemic situations)
- oral thrush

Celebrating the Retirement of Roxanne Lee & Roxane Daoust

The home care team in Nipawin is saying farewell to two incredible nurses, Roxanne Lee and Roxane Daoust, who will retire at the end of June 2025. Since 2013, they have worked side-by-side, providing compassionate care and making a lasting impact on their clients and colleagues. True to their word, they are retiring together—just as they always planned.

Please join us in congratulating Roxane and Roxanne on their well-earned retirement and in thanking them for many years of dedication and service.

Welcome to Jennifer Watson who assumed the role of primary health care manager in March 2025. Jennifer brings a wealth of management experience in continuing care and home care and will be a valuable addition to the team.

Farewell and Best Wishes to LeeAnn Dean & Erin Hosaluk

We would like to take a moment to thank LeeAnn and Erin for their dedication and contributions. Their leadership and hard work have made a lasting impact, and we truly appreciate everything they have done for the team. While we are sad to see them go, we wish them both the best in their future endeavors.



We would like to send a **HUGE thank you** to all the support from our communities in the northeast for making the new heliport at the Nipawin Hospital a reality.

We are excited to share that the heliport became fully operation on February 25 — enhancing emergency medical services for the region.