



Malton Women Council

DISEASE PREVENTION

TIP SHEET



Funded in part by
the City of Brampton's
Advance Brampton Fund



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Disease Prevention

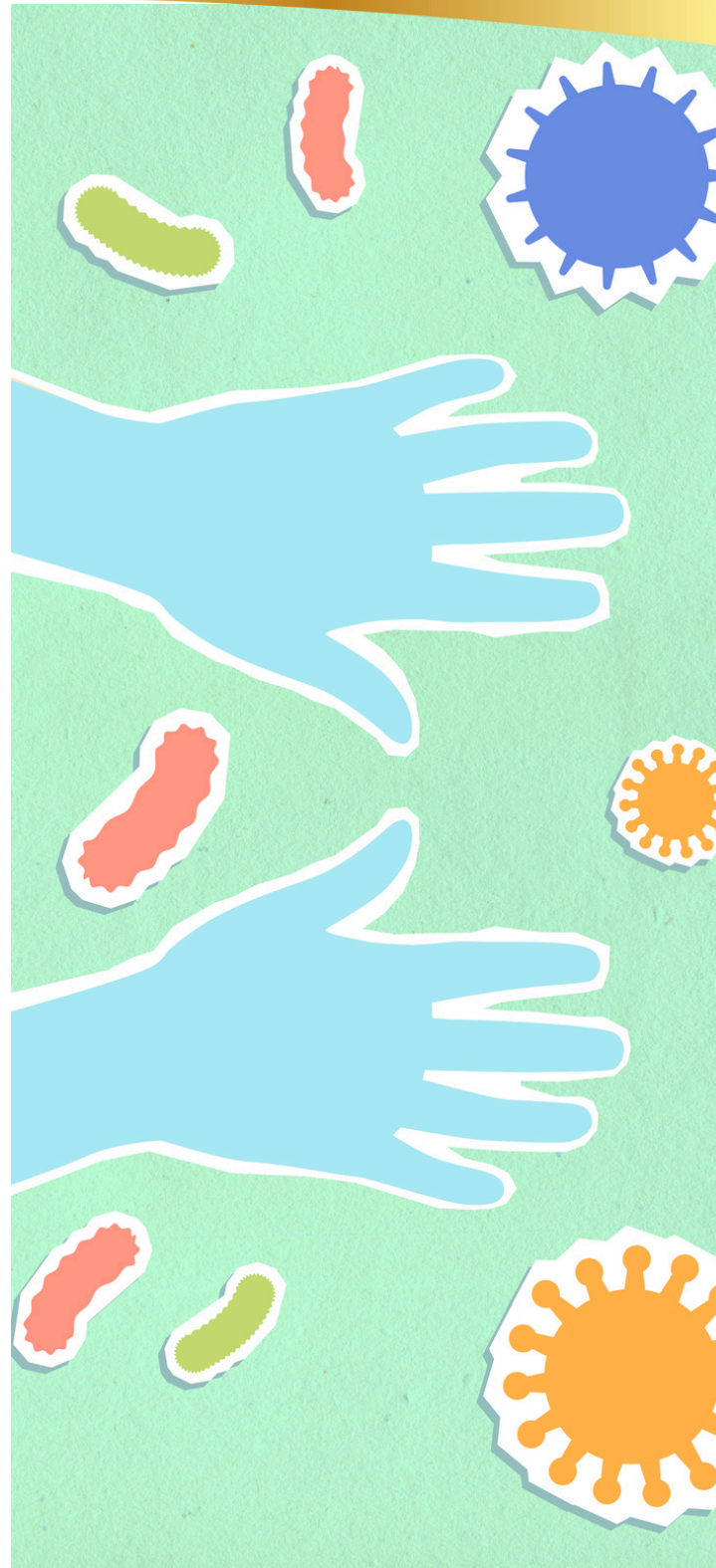
Prevention is always better than a cure. Living a healthy life will not only improve your physical and mental well-being but also save you money on health-related expenses and provide peace of mind in the future. Keep reading to learn more about ways you can stay healthy.

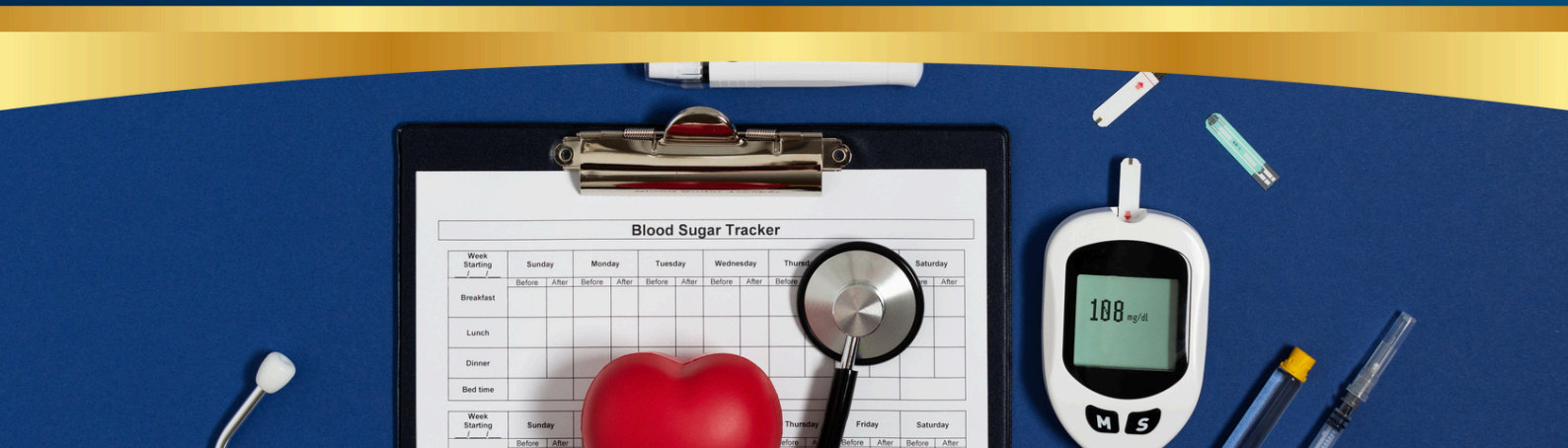


Strategies to Prevent Disease

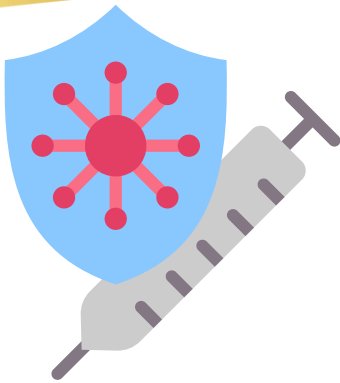
To protect yourself from developing a health condition:

- Get screened for diseases.
Common conditions to screen for include high blood pressure, high lipids and cholesterol, diabetes, depression, anxiety, sexually transmitted and blood-borne illnesses, cancer, substance use disorders, and reduced bone density (osteoporosis). Speak to your doctor on which tests are right for you.





- Guard against germs. Maintain a healthy lifestyle (healthy diet and exercise). Get vaccinated, wash hands thoroughly, and take antibiotics as instructed.
- Protect good bacteria in your body. Eat a high fiber diet and limit sugary and fatty foods. Wash your hands and use hand sanitizer. Be wary of probiotics, as some may not have been well-studied.
- Prevent mosquito-borne illnesses. Use insect repellent, remove breeding grounds, and use a fan when sitting outside.
- Protect yourself and everyone else. Stay up to date on vaccines such as meningitis, chicken pox, diphtheria, hepatitis, tetanus, etc.



Strategies to Manage Disease

If you already have a health condition, such as diabetes, heart disease, or cancer, you can prevent your illness from getting worse by following the strategies below:

- Eat a balanced diet with fruits, vegetables, grains, protein, and dairy.
- Limit salt, sugar, and fats.
- Limit use of drugs and alcohol.
- Get 7-8 hours of sleep each night.
- Engage in 30 minutes of moderate to vigorous physical activity 5 or more days a week. Engage in muscle-strengthening activities at least 2 days a week. Include light physical activity during the day, such as standing, walking, chores, etc.
- Keep good body hygiene.
- Visit your dentist at least once a year.

Food and Water Safety Tips

Aside from eating a healthy diet, you also need to be mindful of the state of the food and water you consume. Use the strategies below to ensure your food and water are safe to consume:

- Tap water in Peel is safe to drink. The Government of Ontario has water quality standards to ensure the water is free from disease-causing organisms, harmful amounts of toxic chemicals, and radioactive materials. You do not need to boil the water.





- Wash fruits and vegetables.
- Wash hands after touching different food groups
- Keep cold foods cold (at or below 4°C (40°F)) and keep hot foods hot (at or above 60°C (140°F)).
Bacteria can grow in the danger temperature zone between 4°C and 60°C (40°F to 140°F).
- Check expiry dates of food.
- Avoid food with broken seals.
- Refrigerate or freeze perishable food within two hours of cooking.
- Freeze or consume leftovers within four days of cooking.
- Keep raw food away from other food.



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Resources and References

To learn about more ways to stay healthy, please refers to the resources below:

- Disease Prevention Toolkit <https://www.nih.gov/health-information/disease-prevention-toolkit>
- Peel Tap Water: <https://peelregion.ca/water/drinking-water/water-quality/tap-water-safe-drink>
- <https://www.homewater.com/blog/mississauga-water-quality-can-you-drink-from-the-tap>
- Government of Canada General Food Safety Tips <https://www.canada.ca/en/public-health/services/food-safety/general-food-safety-tips.html>
- Peel Public Health (905) 799-7700
- Alberta Managing Chronic Health Conditions [https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=custom.ab chronic disease management inst](https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=custom.ab_chronic_disease_management_inst)



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