



Did You Know?? STI'S

Sexually Transmitted Infections

◆ 50-60 % of cases of chlamydia and gonorrhea have NO symptoms

- ◆ In 2013 there were 6,432 cases of chlamydia and most were between the ages of 15-24 years old, higher than any other province or territory in Canada
- ◆ These numbers continue to climb (an increase of 613 cases of chlamydia and 921 cases of gonorrhea from 2015 to 2016)
- ◆ Testing for chlamydia and gonorrhea is as easy as providing a urine sample
- ◆ Prevention is key with any sexually transmitted infection. Abstinence is 100% protection or the use of a condom is close to 100%.
- ◆ Recently there has been an alarming increase in reported rates of syphilis and HIV in youth, the greatest increase has been in heterosexual females
- ◆ Last year there was 784 cases of syphilis (hundreds of cases more than the previous year) in the province and increased congenital syphilis (meaning syphilis given a baby during pregnancy from an infected mother)
- ◆ There are rising numbers of syphilis cases here in our region
- ◆ The biggest barrier to being tested and treated is stigma. This is very worrisome if people continue not to be tested and treated.



Brain Business - School has just started, so why am I stressed?

*"I wish it was still summer!", "Why do I have so much homework already?",
"I have so much more on my mind this year.",
"Nobody understands how stressed I am."*

Have you noticed any of these thoughts lately? If so, don't worry, you are definitely not alone. Returning to school can be stressful for many students. Summer helps you relax and have fun and then, BAM! you have to get back into gear. Here's some tips for back to school stress:

1. **Sleep:** First ask yourself, "Am I getting enough sleep?" If not, (like most of us), can I try going to bed even 30 minutes earlier and see how I feel? Attempting to catch up on sleep on the weekends isn't very helpful. What helps you sleep? A warm bath, a snack, relaxing music, or reading a book. Experiment and see what helps you get more zzz's. Being well rested can make a big difference on your stress level.
2. **Friendships and support:** Who can I talk to about my stress? Do I have positive and trusting individuals with whom I can share my feelings? How do the peers I choose to hang out with either positively or negatively impact my stress level? Stress can feel more manageable when we feel supported by the people around us.
3. **Finding more helpful ways of thinking:** "At least I'm one step closer to graduating" or "I feel this way every year and it passes". Can I shift my focus to something else to distract me. "I can't wait for that new movie to come out". Acknowledging the stress and labelling it. "I feel stressed because getting back to school is tough".
4. **Stress busting activities:** What things can you do to help you feel better physically, emotionally and/or spiritually? Does going for a long run, writing in a journal or jamming on your guitar help reduce your stress level? Make time for activities that help you feel your best and don't put them to the side when your stress level increases. This is the EXACT time when it may be needed MOST.
5. **Be kind to yourself:** Set reasonable expectations and goals. Celebrate achievements both big and small. Got your homework in on time? HIGH FIVE. Made time for the gym? AWESOME. Got to bed at a reasonable hour? YOU ROCK. Give yourself these positive messages daily! Hopefully some of these tips can be helpful. Remember that there are always other supports available too! Talk to your parents, your teachers, Guidance Counsellors or other trusted adults in your world!

Are You Ready To Fight The Flu This Season?

Influenza or "the flu" is very contagious and lasts from late fall throughout winter. Common symptoms can include: runny nose, fever, cough, muscle aches, fatigue, or a sore throat. Sometimes symptoms can be more serious and affect the lungs, making it difficult to breathe. It can be spread by talking, coughing, sneezing, or touching a surface that was contaminated by someone who is sick. You can protect yourself and those with weak immune systems by getting your flu shot and staying at home if you feel sick this winter. Young children, pregnant women, people with medical conditions that affect their immune system, and those over 65 are more likely to have severe symptoms, so it is important that everyone prevents the flu from spreading. You can get your annual flu shot with your Primary Care Provider, at the Public Health office, a pharmacy, or a local flu clinic.

