



Municipal Matters

GBPH's Biannual Newsletter for Municipalities

Issue 3 | November 2025

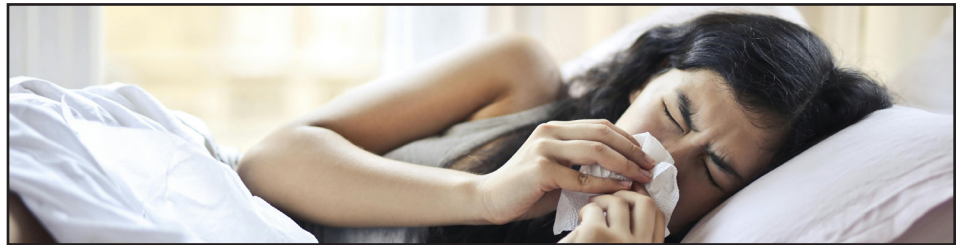
Curbing the spread

Tips for limiting spread of viruses during fall respiratory season

With autumn's return, Grey Bruce Public Health's Infectious Diseases team is gearing up for another fall respiratory illness season.

Ontario generally sees its highest levels of seasonal respiratory activity between November and April.

Viruses such as COVID-19, Respiratory Syncytial Virus (RSV), and influenza can spread easily and cause serious illness in those that are more vulnerable (the elderly, young children, and those with other medical conditions).



The [Ontario Respiratory Virus Tool](#), which is updated weekly, reflects current trends in respiratory illnesses in the province.

WHY THIS MATTERS IN THE WORKPLACE?

Because these viruses spread through everyday interactions

and shared spaces, workplaces can be hotspots for transmission, especially during respiratory season. Understanding how these viruses spread helps us take simple, effective steps to protect ourselves, our co-workers, and others in our communities.

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GBPH launches 'Health Starts Here'

Grey Bruce Public Health has completed a new report - *Health Starts Here – Social Determinants of Health in Grey Bruce* - which highlights and raises awareness of the social determinants of health, how they influence health, and the impacts on health, with a primary focus on the Grey-Bruce area.

Upstream actions to address the conditions in which people are born, grow up, live, play, work, and age can have big impacts on improving health and health equity.

Municipal officials and decision-makers can use this report to understand the assets, challenges

and health status of Grey-Bruce residents. The report is a *Call to Action* for individuals and organizations to take one or more actions to contribute to better social and economic living conditions in Grey-Bruce.

We have written this report with the hope that by working together, we can strengthen community action and advocate for access and opportunities so everyone can be as healthy as possible.

Link to full report: [Health Starts Here: Social Determinants of Health in Grey Bruce](#)



Curbing the spread (cont'd)

WAYS TO LIMIT THE SPREAD

Wash your hands

- Place hand-wash posters in areas with sinks.
- Put hand sanitizer in areas where it will be needed, such as on desks, and in lunchrooms, boardrooms, high-traffic areas, etc.
- Wash hands with soap and water or use an alcohol-based hand sanitizer often.

Stay home when sick

- Stay home and limit contact with others when you're sick, even if symptoms are mild.

Stay up-to-date with vaccines

- Receiving seasonal vaccines is one of the most effective ways to protect yourself against severe outcomes associated with respiratory viruses.
- Vaccines can be accessed through your healthcare provider's office, local pharmacies, or Public Health.

Clean, disinfect high-touch surfaces

- *Cleaning* involves physically removing visible dirt from a surface or object with water, detergents and wiping.
- *Disinfection* is a process that reduces the number of germs on a surface. Most disinfectants are designed to be used on surfaces that have been pre-cleaned.
- High-touch surfaces include keyboard and mouse, phone and headset, desk surface, chair arms, door handles, light switches, drawer pulls, handrails.

Upcoming Dates

November is Fall Prevention Month

Nov. 16-22, 2025 - National Addictions Awareness Week
Canadian Centre on Substance Use and Addiction

Nov. 25, 2025 - International Day for the Elimination of Violence Against Women | United Nations

Dec. 1-7, 2025 - National Safe Driving Week |
Canada Safety Council

Jan. 10-18, 2026 - International Snowmobile Safety Week

Jan. 18, 2026 - Ontario's Rural Leaders Conference |
Rural Ontario Municipal Association

New health promotion resources available

Several new health-promotion-related resources have been released, each aimed at supporting healthier communities.

NEW CONCUSSION GUIDE

Parachute has released a new [Concussion Guide for adults aged 65 and older](#) and their caregivers.

This resource includes information on the signs and symptoms of a concussion, what to do in the event of a concussion, how to manage and recover from a concussion, and how to prevent falls, which are the leading cause of concussions for older Canadians.

CANNABIS IMPAIRMENT CAMPAIGN

A locally developed [Cannabis Impaired Driving campaign](#) has launched.

This education and awareness campaign, funded by the United Way of Bruce Grey and Community Foundation Grey Bruce, aims to raise awareness about the dangers of cannabis-impaired driving and change behaviours of young and novice drivers.

STAYING ON YOUR FEET GUIDE

An updated [Staying on Your Feet Guide](#) has been released.

The guide includes information on fall risks, how to prevent falls, and resources related to fall prevention.

NEW WEBINAR SERIES

Alcohol use is a leading preventable cause of harms, including violence, social problems, road crashes, injuries and chronic disease.

While alcohol is often seen as an economic driver in communities, it has significant costs to municipalities in terms of policing, healthcare, and lost productivity.

Through healthy public policies and partnerships, local governments can support their communities while reducing negative impacts.

[Municipal Alcohol Policy Webinar Series](#)

[A Legal Framework for Developing a Municipal Alcohol Policy](#)

What is Harm Reduction?

Harm reduction involves minimizing the potential injury, health impact, or risk of death associated with a behaviour or activity.

Examples include wearing seatbelts, sunscreen, and life jackets.

Harm reduction is also an evidence-based approach aimed at reducing harms associated with substance use.

BENEFITS OF HARM REDUCTION

Evidence shows that services aimed at reducing harms associated with substance use, or harm reduction services, save lives and reduce the burden on the healthcare system by:

Preventing fatal overdose.

- In 2024, Grey Bruce Public Health and its partners distributed 5,582 naloxone kits and trained 2,298 people on the use of this medication. Each naloxone kit distributed potentially saved a life. Just like an AED, naloxone could be the difference between life or death in an emergency.

Reducing the transmission of blood-borne infections (BBIs), such as HIV and Hepatitis C.

- Decades of research has identified harm reduction as effective in decreasing BBI transmission in diverse settings. This saves thousands to millions of dollars in healthcare costs per infection prevented.

Encouraging the safe disposal of needles and other supplies.

- In 2024, the GBPH Harm Reduction program collected nearly 60,000 needles for safe disposal.



Connecting people with supports and services.

- People who access harm reduction services are five times more likely to engage in treatment.

Harm reduction is one component of a comprehensive approach to preventing and addressing substance-related harms alongside prevention, treatment, and justice initiatives.

With the right supports, community members can improve their health and well-being at all points along the substance use spectrum.

HOW CAN PUBLIC HEALTH HELP?

Email harmreduction@publichealthgreybruce.on.ca to discuss in-person training options.

Topics include the harm reduction philosophy, substance use health, and challenging structural substance use stigma.

WEBINAR SERIES

The Canadian Centre on Substance Use and Addiction hosted a series of webinars this summer, focused on answering questions about improving substance use health at the community level.

Small cities often have fewer resources to address substance use issues than larger centres, yet there are many innovative ways to approach and adapt solutions to their unique needs.

Webinar topics included:

- Collaborating Effectively with Government
- Community Policing and Health Partnerships

Recordings of the webinars will be available at the following link: [Summer Webinar Series](#).



**Grey Bruce
Public Health**

Directory

Please refer to this directory to contact specific Grey Bruce Public Health programs.

Main GBPH Number: 519-376-9420

**MAIN LINE WITH EXTENSIONS
519-376-9420**

- Sexual Health Clinic - Press 1
- Immunizations - Press 2
- Adverse Water - Press 3
- PHI, Food Safety, Etc - Press 4
- Healthy Babies - Press 5
- Infectious Diseases - Press 6
- Tobacco Enforcement - Press 7
- Dental/Vision - Press 8
- Switchboard - Press 0

FAX NUMBERS

Immunizations - 519-376-7782

Rabies - 519-376-0980

**Environmental, Dental, Food
Safety, Health Hazard, Water** -
519-376-6310

Infectious Diseases - 519-376-
4152

Sexual Health, Youth - 519-376-
5043

Healthy Babies - 519-376-1287

Administration - 519-376-8965

MOH/Media Confidential - 519-
376-0605

EMAIL ADDRESSES

General: [publichealth@
publichealthgreybruce.on.ca](mailto:publichealth@publichealthgreybruce.on.ca)

Harm Reduction: [harmreduction@
publichealthgreybruce.on.ca](mailto:harmreduction@publichealthgreybruce.on.ca)

Immunizations: [immunization@
publichealthgreybruce.on.ca](mailto:immunization@publichealthgreybruce.on.ca)

Rabies: [rabies@
publichealthgreybruce.on.ca](mailto:rabies@publichealthgreybruce.on.ca)

HBHC: [hbhc@
publichealthgreybruce.on.ca](mailto:hbhc@publichealthgreybruce.on.ca)

Infectious Diseases:
[InfectiousDiseases@
publichealthgreybruce.on.ca](mailto:InfectiousDiseases@publichealthgreybruce.on.ca)

IPAC: [IPAC@
publichealthgreybruce.on.ca](mailto:IPAC@publichealthgreybruce.on.ca)

Oral Health: [Dental@
publichealthgreybruce.on.ca](mailto:Dental@publichealthgreybruce.on.ca)

Safe Water: [SafeWaterDental@
publichealthgreybruce.on.ca](mailto:SafeWaterDental@publichealthgreybruce.on.ca)

School Health: [schools@
publichealthgreybruce.on.ca](mailto:schools@publichealthgreybruce.on.ca)

Let's work together to create healthier communities

Let's work together to create healthier communities.

is available to work in partnership with council, staff and committees, along with other community organizations, on key health issues. We can help:

- Establish and strengthen connections
- Integrate health policies into community planning
- Collaborate on healthy community initiatives

To find out more, visit publichealthgreybruce.on.ca.