



OUTSTANDING CARE – NO EXCEPTIONS!

March 6, 2025

CEO/CNE Report  
Board of Directors

# Winter Seasonal Respiratory Viruses Update

Windsor Regional Hospital continues to experience high volumes during the current respiratory season. We have specific visitor restrictions in place for our paediatric and neo-natal intensive care units as well as other visitor guidelines which can be found here: <https://www.wrh.on.ca/VisitingHours>.

We encourage residents with non-emergency concerns to continue to check out alternatives to the Emergency Department such as those found here: <https://www.wrh.on.ca/ED-Alternatives>. For emergent issues as always please come to the Emergency Department or call 911. Our ED wait times can be found at: <https://www.wrh.on.ca/EmergencyWaitTimes>.

Please continue to follow the advice of WECHU and all our hospital partners by taking precautions to reduce the spread of viruses this season.

## Provincial Summary:

Percent positivity: COVID 6.4% (similar to previous week)

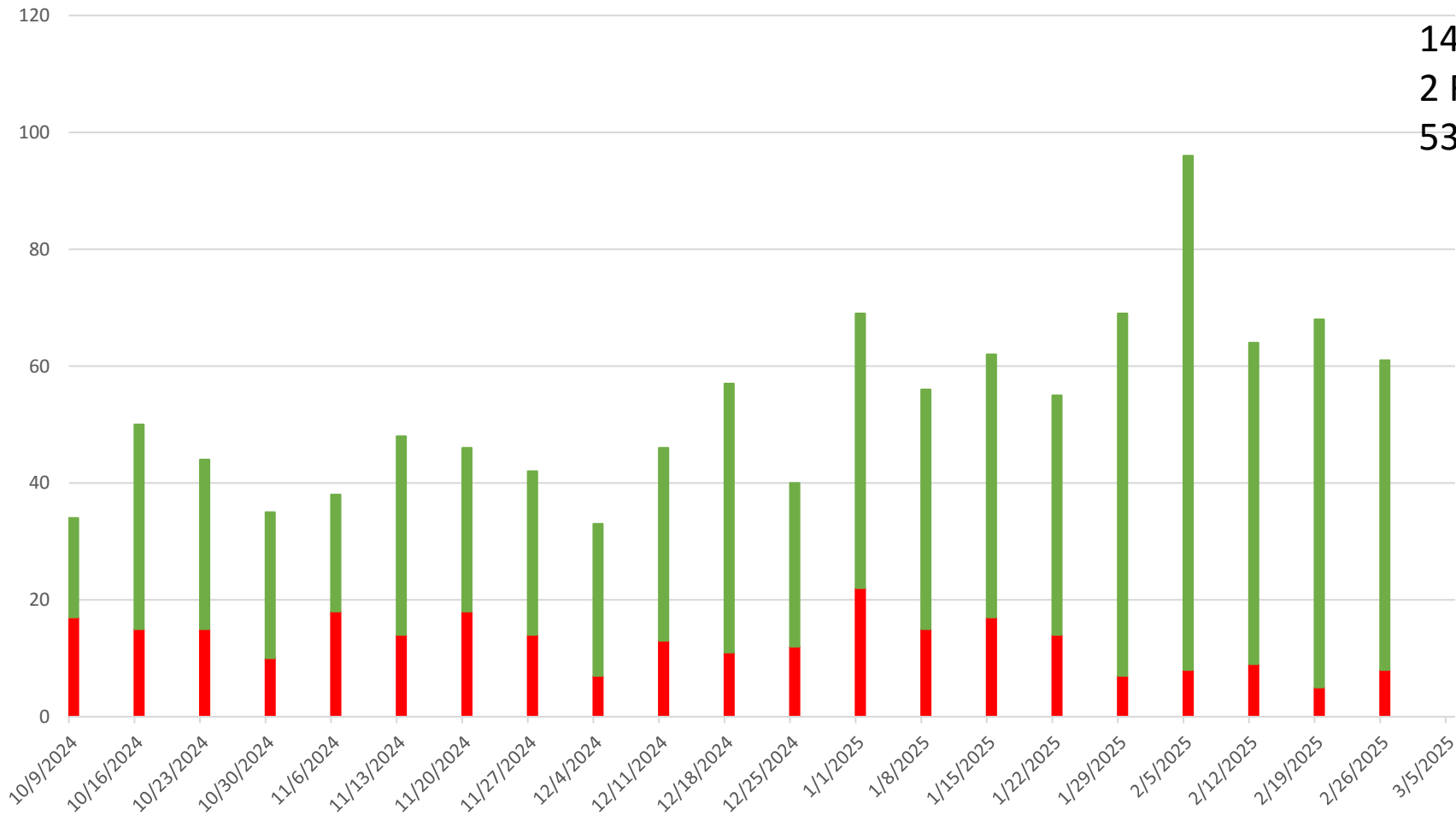
Other virus % positivity: Influenza 22.4%, RSV 3.2%

Current trend: COVID similar to last week, Influenza is similar, and RSV is similar

# Winter Seasonal Respiratory Viruses

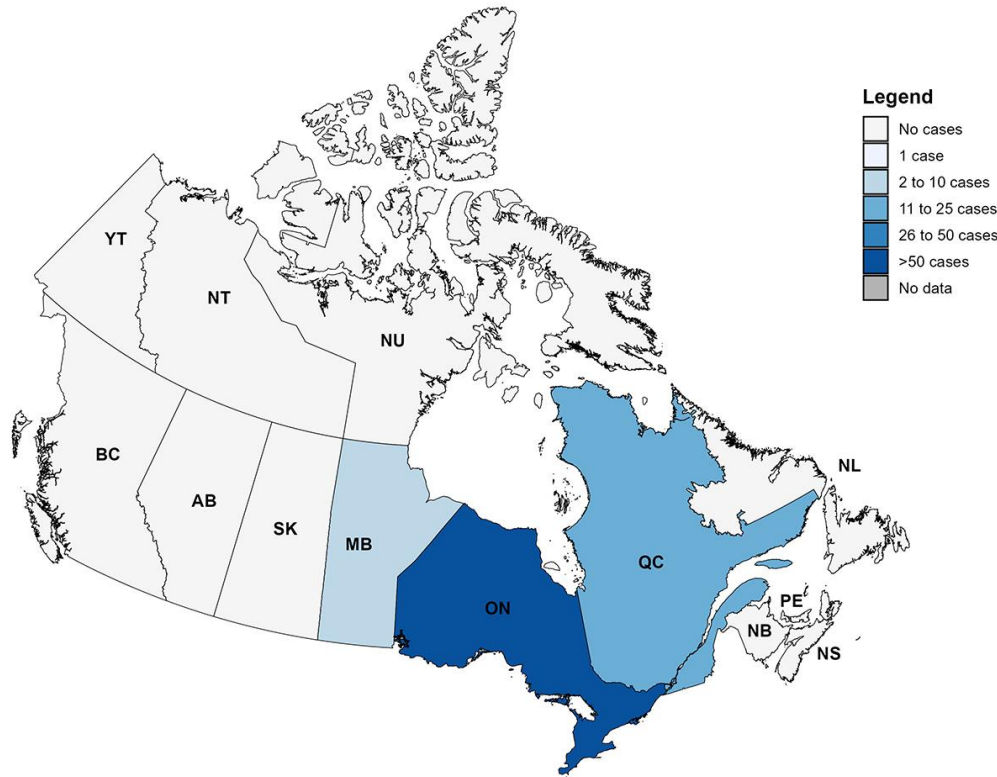
Total COVID-19 vs. Other ARI

COVID-19 2024-25    Other ARI - 2024-25



14 Influenza  
2 RSV  
53 other ARI

# Measles



[Ontario Respiratory Virus Tool | Public Health Ontario](#)

In the past, measles has been rare in Ontario, with most cases associated with international travel. However, there has been an increase in measles world-wide and in Canada, with 98% of measles cases reported in 2025 resulting from exposures within Canada.<sup>2</sup> As of February 12, 2025, 99 cases of measles (67 confirmed, 32 probable) have been reported in Ontario in association with this multi-jurisdictional outbreak<sup>1</sup>. All outbreak cases were in individuals born in or after 1970. Of those cases that were children and adolescents, 98.8% were unimmunized.

<https://www.wechu.org/updates-alerts/public-health-update-clinicians-multi-jurisdictional-measles-outbreak-ontario>

Outbreak cases have occurred in four public health units: Southwestern Public Health, Grand Erie Public Health [formerly Brant County Health Unit and Haldimand Norfolk Health Unit], Grey Bruce Health Unit and Chatham-Kent Public Health

## *What is measles and how does it spread?*

Measles is an infection caused by the measles virus. It can cause a rash, fever and cough.

Measles virus is an airborne virus and spreads easily when an infected person coughs or sneezes, spreading droplets that contain the virus into the air. The virus can live on surfaces (e.g., door knobs, shopping carts, utensils, etc.) and can also live up to 2 hours in the air after the person with the infection has left the enclosed space. If people breathe in the contaminated air or touch infected surfaces, they can become infected. It can also be spread by direct contact with the secretions from the infected person's mouth or nose.

People infected with measles can spread it to others 4 days before they get a rash. It can spread for about 4 days after the rash is gone.

# What to do if you are exposed or think you have Measles?

Call your health care provider immediately and let him or her know that you have been exposed to someone who has the measles. Your doctor will determine if you are at risk of developing measles (e.g., have not received the 2 doses of the measles vaccine), and advise you on next steps. The measles vaccine or an Immune Globulin (Ig) treatment may be given to help reduce your risk of developing measles.

If you or a family member are showing signs and symptoms of measles, it is important to:

- Isolate immediately by staying home and avoiding contact with others.
- Call before visiting a clinic or hospital so they can prepare for your arrival and prevent virus spread.
- Wear a well-fitting, high-quality mask when seeking medical assessment.

Your health care provider will assess you for measles and will test you if they suspect you have measles.

***Is there treatment for measles?*** There is no specific treatment for measles. Treatments are given to help relieve the symptoms of measles (e.g., pain relievers to reduce fever). Severe measles infections are often treated in hospitals. Most people can recover at home by drinking plenty of fluids, eating healthy food, and getting lots of rest. A person who has measles is advised to stay home, and is not to attend day care, school, or work since measles is very contagious.

- Anyone who has not had measles or has not been fully vaccinated against measles
- Infants under 12 months of age, children, pregnant women and those with a weakened immune system who have not been vaccinated against measles are at greater risk of measles and its complications.
- Those who were born in or after 1970 and have not received the two doses of the measles vaccine [Measles-Mumps- Rubella (MMR), or Measles- Mumps- Rubella- Varicella (MMRV)].
- Those who have not had a confirmed case of measles, have travelled to an area with an outbreak or have had contact with a confirmed case.

The best way to protect against measles is to receive two doses of the measles vaccine (MMR or MMRV vaccine). This vaccine is safe and free for people who live, work, and attend school in Ontario. You can get the vaccine from your health care provider.

Ontario's immunization schedule recommends:

- The first dose of MMR be given between 12 to 15 months of age. The second dose (MMRV) is generally given between 4 to 6 years of age.
- In the case of a confirmed outbreak, a second dose of measles containing vaccine may be given as soon as 4 weeks (28 days) after the first dose.

**Travelling this March Break? Ensure your vaccinations are up to date!**

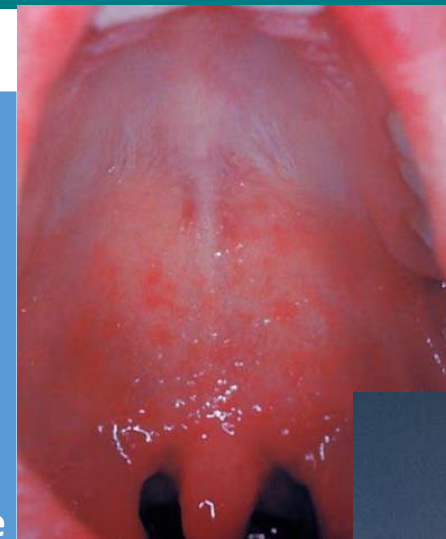


### Symptoms include:

- High Fever
- Cough
- Runny Nose
- Red and watery eyes
- Blotchy red rash, first on the face and then moves down the body. The rash usually appears 3 to 7 days after the start of symptoms.
- Tiny white spots on the inside of the mouth and throat but are not always there. These spots are called 'Koplik's spots'.

### Measles can also lead to:

- Dehydration
- Ear infections
- Lung infections (pneumonia)
- Swelling of the brain (encephalitis)
- Hearing loss
- Seizures
- Permanent brain damage (subacute sclerosing panencephalitis)
- Death
- Measles in pregnancy can lead to premature delivery, low birth weight and miscarriage





Avian Influenza (H5N1) has caused rare and sporadic infections in humans. To date, there has been no evidence of sustained transmission between humans. In November 2024, the Public Health Agency of Canada confirmed a human case of avian influenza, which was the first reported domestically acquired case in Canada since H5N1 first emerged in 1997. Currently, in Ontario, there have been no laboratory-confirmed human cases of H5N1 in 2024 and the overall risk is low.

**How does it spread?** Human infection with avian influenza can happen when the virus gets into a person's eyes, nose or mouth, or is inhaled. This can happen when the virus is in the air (in droplets or dust), and a person breathes it in, or when a person touches something that is contaminated with the virus and then touches their mouth, eyes or nose. Individuals can be exposed to the virus through contact with various sources including: secretions (mucus, saliva), blood and feces of infected animals.

**Symptoms can include:** conjunctivitis (red eyes), fever, body aches, cough, sore throat, breathing problems, diarrhea and vomiting (less common). Tell your health care provider if you have any of these symptoms and if you have been around birds in the past 10 days (especially if you have been around sick/dead birds or other wildlife).

# Avian Influenza- HIGH Risk Activities



<https://www.cdc.gov/niosh/avian-flu/about/index.html>

- working with poultry (like chickens, turkeys and ducks) or livestock (like cattle and goats), on a commercial farm or with small farms or backyard flocks
- hunting, de-feathering, field dressing and butchering wild birds and wild mammals
- working with wild birds for activities such as rehabilitation, research, or conservation
- working with wild mammals, especially those that commonly eat wild birds (like foxes, skunks, raccoons, mink and other farmed fur animals and some marine mammals)
- visiting animal farms or live animal markets
- consuming unpasteurized milk
- consuming raw or undercooked meat

# Precautions and Prevention

- Stay away from wild birds and other wild animals, don't touch, feed, or handle them.\*
- Avoid contact with sick livestock (e.g. commercial or domestic poultry) or other animals.\*
- Do not handle wild dead birds or animals, call Animal Control to remove the carcasses when on municipal property.
- \* If contact is unavoidable, wear gloves or use a doubled plastic bag if you must handle wild bird carcasses, and avoiding contact with blood, body fluids, and feces. You should then wash your hands thoroughly with soap and warm water or use hand sanitizer. Be sure to thoroughly clean and disinfect any tools (e.g., shovel) used in disposing of dead birds with hot, soapy water and then use a household disinfectant.
- Avoid surfaces that may have animal droppings or secretions on them and always wash your hands after being in an area where birds and other wildlife are living or nesting, such as in parks or zoos.
- Ensure all foods made with poultry, meat and eggs are cooked well and that your milk/milk products are pasteurized.

For more information <https://www.wechu.org/avian-flu>



Only 14  
more  
days until  
Spring!