

December 4, 2023

Dear staff, students and families,

There has been increased illness reporting in our schools. We wanted to remind everyone about important ways to prevent the spread of viruses:

- Stay home when sick
- Cough and sneeze into your elbow
- Wash hands or sanitize often (especially after coughing/sneezing, using washroom and before meals)
- Do not share water bottles, food, cutlery etc.
- Promote mask-friendly environments

If unwell:

- STAY HOME
- Complete an online [Self-assessment | Ontario.ca](#) and follow the recommendations
- Remain home until symptoms have improved for at least **24 hours** (**48 hours** if vomiting or diarrhea)

For more information: [Cold, Cough and Flu | HKPR District Health Unit](#)

To book your flu shot: [Flu Shots](#)

Below is updated information on the most recent COVID-19 vaccination!

- COVID-19 vaccine protects against the virus and reduces the severity of symptoms
- COVID-19 vaccine is now available to everyone six months and older
- The most recent COVID-19 vaccine, which was released in October, protects against the XBB.1.5 Omicron subvariant, which is behind the current rise in COVID-19 cases

To book an appointment please visit the [Provincial COVID-19 Vaccine Booking](#) website or call 1-833-943-3900, Monday to Friday (excluding holidays) from 8:30 a.m. to 5:00 p.m. (EST).

COVID-19 Immunizations are also available at your local pharmacy. [Find full list of pharmacies here.](#)

Thank you,

The HKPR District Health Unit School Health Team

1-866-888-4577 ext. 1508

## PROTECTION · PROMOTION · PREVENTION

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