

Dr. Eileen de Villa
Medical Officer of Health**Public Health**
277 Victoria Street
5th Floor
Toronto, Ontario M5B 1W2**Tel:** 416-338-7600
publichealth@toronto.ca
www.toronto.ca/covid19

November 29, 2022

Dear Parent/Guardian:

Re: Flu is on the rise – get vaccinated right away

Toronto is now seeing an **increased number of people getting sick with the flu this season**. The number of people sick with the flu is expected to go even higher, especially during the last weeks of December and beginning of January when students are out of school for the Winter break.

In Canada, so far half of all people who got the flu this season are **children and youth aged 0 to 19 years**. Some children have been very sick and needed hospital care.

Vaccination is the best protection. Anyone age 6 months and older can get a **flu vaccine**. Because it takes two weeks for the vaccine to be effective, getting vaccinated now will protect you and your family before the Winter break. The vaccine is available for free at pharmacies, doctor's offices and **Toronto Public Health vaccination clinics**.

In addition to getting vaccinated, we strongly recommend using **layers of protection** to reduce virus spread:

- **Masking:** Wear a well-fitted **mask** in indoor public settings, including in schools and childcare. Children under 2 and those with medical exemptions are not recommended to wear a mask.
- **Stay home if sick:** Complete this **daily symptom check** for your child. Keep your child home, even if symptoms are mild, and until they are feeling better. Adults should also stay home from work if they are sick.
- **Clean your hands:** Use hand sanitizer or wash hands often.
- **Clean surfaces:** Clean commonly touched surfaces frequently.

Have your questions answered: Join Dr. Vinita Dubey, Associate Medical Officer of Health with Toronto Public Health, on Wednesday, November 30, 2022, at 7 p.m., for a live telephone **Town Hall**. Join the Town Hall by calling 1-833-490-0778 or connect **online**.

If you have questions about your child's health, call 811 or speak to your child's healthcare provider. If your child is sick, you can find information about how to care for them **here**.

Sincerely,

Nicole Welch
Director Child and Youth Response and Chief Nursing Officer