

Dr. Eileen de Villa
Medical Officer of Health

Public Health
277 Victoria Street
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Toronto, Ontario M5B 1W2

Reply: Health Connection
Tel: 416-338-7600
www.toronto.ca/health

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Dear Parent/Guardian:

Re: Tips to stay healthy this flu season

If you've ever looked after a child who was sick with the flu, you know how sick they can become. Each year, 30% of children get sick from the influenza virus. The virus spreads easily in schools.

Protect your child's health. Here are a few easy action steps.

1. Get your family vaccinated - vaccination is the best protection.
 - Children 2 to 17 years old can get either an injection or nasal spray vaccine.
 - The vaccine is free for everyone
 - It is available at doctor's offices, pharmacies (for children 5 years and older), or book an appointment at a Toronto Public Health clinic www.tphbookings.ca.
2. Practice good health habits:
 - Encourage kids to wash their hands often
 - Cover their cough or sneeze
 - Stay home when they are sick
3. Have questions? Talk to your health care provider; visit our website or call our Immunization Line at 416-392-1250.

Sincerely,

A handwritten signature in black ink, appearing to read "Vinita Dubey".

Dr. Vinita Dubey, MD CCFP FRCPC
Associate Medical Officer of Health