

## Call to Action for Our School Communities

November 16, 2022

Dear parents/guardians and students,

Due to the increase in various illnesses throughout our communities and the unprecedented demands on the healthcare system, especially children's hospitals, the Leeds, Grenville & Lanark District Health Unit and the Eastern Ontario Health Unit are urging everybody to do their part by incorporating the following layers of protection to support a safe and healthy school community:

- **Stay home when you are sick**
  - Complete the [COVID-19 School and Child Care Screening Tool](#) and follow the next steps that are provided at the end of the screening tool.
  - Be honest about your symptoms and if they have the potential to infect others (remember a simple cold to you may be serious to those most vulnerable) – symptoms for all respiratory viruses are similar.
  - Consult the following the [document](#), from the Ontario College of Family Physicians, for tips on how to decide when to seek care for a respiratory illness and how to support your child at home.
- **Wear a well fitted mask** indoors (including in schools and on school vehicles), and around those most vulnerable (many of them may not be able to wear or tolerate masks) or in crowded public places.
  - View the following videos for tips on [How to Use a Disposable Mask or Face Covering](#) and [How to Safely Use Reusable Cloth Masks and Face Coverings](#).
- **Practice proper hand hygiene and respiratory etiquette**
  - Wash your hands frequently with soap and water (rub hands together under water for 15-20 seconds), or use an alcohol-based hand sanitizer.
  - Cover your coughs and sneezes with your arm, not your hand
- **Get the COVID-19 and flu vaccines and keep up to date with recommended vaccine doses**
  - Vaccines are safe, effective and the best way to protect children and those around them.

Where to get a vaccine:

- COVID-19 Vaccine
  - **In Leeds, Grenville & Lanark Region:** Book an appointment using the [online booking portal](#) or call the Vaccine Call Centre at 1-844-369-1234 Monday to Friday, 8:30am to 4:00pm.
  - **In Stormont, Dundas, and Glengarry (SDG), Prescott-Russell (P-R), and the City of Cornwall:** Consult [How and Where to Get a COVID-19 Vaccine](#) or call 1-800-267-7120.

- Flu Vaccine
  - The flu shot is available at various locations through healthcare providers, community health centres, and participating pharmacies.
  - **In Leeds, Grenville & Lanark Region:** Consult the [Influenza Vaccine](#) page
  - **In Stormont, Dundas, and Glengarry (SDG), Prescott-Russell (P-R), and the City of Cornwall:** Consult [Flu Season is Near... Now's the Time to Get Your Flu Shot!](#)

For more information, please visit our websites <https://healthunit.org/health-information/covid-19/> and <https://eohu.ca/en/covid/schools>.

Thank you for your continued support in keeping our school communities safe and healthy.

Sincerely,

School Health Teams

Leeds, Grenville & Lanark District Health Unit and Eastern Ontario Health Unit