February 2020

WDG Public Health is pleased to provide elementary and secondary schools with up-to-date information on health topics for their monthly newsletters and announcements to parents. Please find below an insert you can include in your school newsletter and/or announcements if you wish. Images can be included or excluded as they meet your needs. If you have any questions please contact us at

1-800-265-7293 ext. 4111 or email [schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca)

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**Information from Public Health:**

**Fun facts about vaccines!**

* You are 4 times more likely to get hit by a meteorite than to have a serious reaction to a vaccine.
* You have a 0.00013 percent chance of having a serious reaction to a vaccine!
* Vaccination is among the **most successful** and cost-effective health initiatives; routine immunization is the foundation of the health care system and universal health coverage.
* Vaccines save millions of lives each year.
* Vaccines are for people of all ages; vaccinations are for a lifetime.
* We all have a part to play as advocates, individuals, parents, health care workers and innovators; individuals must drive the vaccine process.
* Health Care Workers have a critical role to play to counteract vaccine hesitancy.

**PARENT TIP** - Check out this link for tips to help your child cope during immunizations!

<http://www.sickkids.ca/PDFs/Learning/32832-CMAJ%20HELPinKIDS%202010%20Appendix%201%20parent%20tool.pdf>