

School Newsletter Insert from Wellington-Dufferin-Guelph Public Health  
November 2019

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:**

**Get your Flu Shot!**

- As a parent, you are at risk of exposure to communicable diseases because of your close contact with children.
- Children under two years of age are the most susceptible for hospitalization related to flu and flu related complications, while 5-9-year-olds are the most likely to spread the infection.
- Flu immunization is available at your local pharmacy, physician's office, or Public Health office and is suggested annually for everyone 6 months of age and over.

**NOTE:** Pharmacies will not provide immunization for children less than 5 years old. Public Health and your family physician offer flu vaccines to all ages.

\*FluMist is not available for this flu season. \*

If you have any questions related to the benefit of immunization, please call 1-800-265-7293 ext. 4746

**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>