

November 15, 2022

Dear Parent and/or Guardian,

Re: High Rates of Respiratory Illness in Children

Yesterday, Ontario's Chief Medical Officer of Health, Dr. Kieran Moore, strongly recommended that Ontarians wear masks in all indoor public settings, including schools and child care settings. Ontario is facing the "triple threat" of higher and earlier than normal rates of respiratory syncytial virus (RSV) and influenza as well as the ongoing risk of COVID-19. Young children are at increased risk of serious illness and we are already seeing the impact on the health care system with more medical visits and hospitalizations.

These trends are expected to continue as the fall season progresses and we spend more time indoors. Therefore, we are strongly recommending that a return to all preventive measures is needed.

The Haliburton, Kawartha, Pine Ridge District Health Unit (HKPRDHU) continues to recommend the following:

Screen Daily and Stay Home if Feeling Unwell

Everyone should screen for symptoms daily using the Screening Tool and follow the instructions. Keep your child home if they are sick with any symptom(s) of COVID-19, cold or flu. See [Child/Student with-Symptoms](#) for more information.

Wear a Mask

HKPRDHU strongly recommends all individuals wear a well-fitted three-layer mask or medical mask in indoor public settings, including school and child care.

This recommendation includes children two to five years of age if they can tolerate a mask.

Masking at home is also strongly recommended if you have symptoms and have at-risk people in your household including children under five years of age, older adults, or those with medical conditions.

Get Vaccinated

Getting the flu shot and staying up to date with COVID-19 vaccinations is the best way to prevent serious illness. Visit our website to find out where to get your [COVID-19](#) and [flu](#) vaccinations.

Wash Your Hands and Clean High Touch Surfaces

Wash your hands often using proper hand hygiene and help/remind your child to as well. Disinfect high touch surfaces in your home often.

When we use many layers of prevention, we lower the risk of illness for ourselves and our children. For more information, contact the School Health Team at 1 866 888 4577 Ext. 1508 or schoolhealth@hkpr.on.ca

Yours in health,

BOARD OF HEALTH FOR THE HALIBURTON
KAWARTHA, PINE RIDGE DISTRICT HEALTH UNIT



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