

**Health
Services**

10 Peel Centre Dr.
Suite A
Brampton, ON
L6T 4B9
tel: 905-791-7800

peelregion.ca

Date: December 11, 2024

Dear families and staff,

As the holiday season approaches, Peel Public Health continues to help our schools create a safe and healthy learning environment for all students and staff.

Here are some important reminders for a healthy holiday season and safe return to school:

Stay home if you're sick

Before returning to school or attending holiday celebrations, make sure your or your child's fever is gone, and symptoms have improved for at least 24 hours (48 hours for nausea, vomiting, or diarrhea). While you or your child has respiratory symptoms, protect others by wearing a tight-fitting mask for 10 days after symptoms begin, especially in public settings and at gatherings.

Practice good hygiene

Cover coughs and sneezes with elbows and wash hands often. Use alcohol-based hand sanitizer when soap and water aren't available.

Keep immunizations current

Cases of respiratory illness generally increase in the fall and winter months. Respiratory illness immunizations are available and free in Ontario, including:

- COVID-19 and flu vaccines for everyone 6 months or older.
- RSV immunization for all infants and high-risk children younger than 24 months and RSV vaccine for high-risk adults 60 years or older.

Learn more about each vaccine and where you can get immunized at peelregion.ca/health/diseases-infections/protect-yourself-fall-winter.

Make sure your child's routine immunizations are up to date. This includes protection against pertussis (whooping cough) and Varicella (chickenpox), two infections on the rise in Peel and Ontario.

Vaccines available for Grades 7-12:

- Students in Grades 7-8 with a signed [consent form](#) can get meningococcal, Hepatitis B, and HPV vaccines at school—no appointment needed.

**Health
Services**

10 Peel Centre Dr.
Suite A
Brampton, ON
L6T 4B9
tel: 905-791-7800

peelregion.ca

- Students in Grades 8-12 who missed these vaccines can book a catch-up appointment at a Peel Public Health clinic: [Book here](#) or use the QR code on this page.

Report immunizations for school attendance

Make sure your child's immunization record is up to date at peelregion.ca/health/vaccinations/report. Doctors do not report immunizations.

If you received a letter from Peel Public Health requesting updated immunization information, please report to us using the QR code on this page or by phone at 905-799-7700 / 1-888-919-7800 (toll-free).

Other resources

If you have general health questions or need help finding care:

- Call Health Connect Ontario at 811 (available 24/7 in multiple languages).
- Speak to your healthcare provider.

Warm wishes for a happy and healthy holiday season,

Peel Public Health

Book a Vaccine



Report Immunization

