

**Health  
Services**

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

[peelregion.ca](http://peelregion.ca)

Date: March 5, 2025

Dear families and staff,

With March Break coming up, Peel Public Health is working to keep schools safe and healthy.

**Make sure your family's measles vaccines are up to date**

Measles cases are rising in Ontario and worldwide. Symptoms include fever, cough, red eyes, and a rash. Measles can cause serious health problems like pneumonia, brain swelling and even death. Measles is highly contagious and spreads easily to people who aren't fully vaccinated.

The best protection is vaccination. Make sure your family is up to date, especially before traveling. Everyone age 6 months and older is eligible for up to two doses of MMR vaccine for travel protection.

Talk to your doctor to get vaccinated.

**Protect your family with other important vaccines**

Make sure your child's routine vaccines are up to date, including for pertussis (whooping cough) and varicella (chickenpox). Cases of these diseases are increasing in Peel and across Ontario.

Check travel advisories and take protective measures against health risks in the country you are traveling to at <https://travel.gc.ca/>.

**Report immunizations required for school**

[Immunizations](#) required for school must be reported to Peel Public Health. Make sure your child's immunization record is up to date at [peelregion.ca/health/vaccinations/report](http://peelregion.ca/health/vaccinations/report). Doctors do not report immunizations.

**Stay home if you're sick**

Before returning to school or going to gatherings during the break, make sure you or your child has no fever, and feels better for at least 24 hours (48 hours if they had nausea, vomiting, or diarrhea). If you or your child still has

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a cough, runny nose, or other respiratory symptoms, protect others by wearing a tight-fitting mask for 10 days after symptoms begin, especially in public places and at gatherings.

**Other resources**

If you have health questions or need help finding care:

- Call Peel Public Health at 905-799-7700 or 1-888-919-7800 (toll-free).
- Call Health Connect Ontario at 811 (available 24/7 in multiple languages).
- Talk to your healthcare provider.

Wishing you a happy and healthy March Break,

Peel Public Health

**Report Immunization**

