

December 14, 2022

RE: Preventive actions for families over the winter break

Dear Parent/Guardian,

Children and youth are currently experiencing high infection and hospitalization rates from a “triple threat” of viruses: RSV (Respiratory Syncytial Virus), influenza (flu) and COVID-19. To protect your family before and during the winter break, Peel Public Health strongly recommends using multiple layers of protection against respiratory infections:

## Health Services

Office of the  
Medical Officer  
of Health

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peelregion.ca

- **Get your child a flu shot and a COVID-19 booster as soon as possible.** Everyone 6 months and older can get a flu shot. Children 5 and older are also eligible for a COVID-19 booster. Flu shots and COVID-19 boosters can be received at the same time. **Participating pharmacies offer flu and COVID-19 immunizations to children as young as two years of age.**
- **Wear a well-fitted mask in school, child care and other indoor public places.** Children under 2 should not wear a mask.
- **Keep sick kids at home.** Children may return to school and child care after they have no fever and symptoms have been improving for 24 hours (or 48 hours for nausea, vomiting and/or diarrhea). Use the [school and child care screening](#) daily.
- **Remind children to cover coughs/sneezes, and wash hands often or use sanitizer.**
- **Clean commonly touched surfaces often.**

If your child or someone in your home is sick:

- **Go to a COVID, Cold and Flu Care (CCFC) Clinic if your doctor is not available and it is not an emergency.** You may be able to save time by [booking an appointment at a CCFC clinic](#). If you are experiencing severe symptoms such as difficulty breathing, call 911 or go to the emergency department. If you have general questions or are unsure where to access care, call Health Connect Ontario at 811, available 24/7 in multiple languages.
- **Wear a mask at home if you have symptoms and can do so safely.** This will help to protect vulnerable people, including young children, the elderly or anyone immunocompromised, who live with you.

These actions can keep you and those you love from getting severely ill. Thank you for your continued efforts in keeping our community safe.

Sincerely,

Dr. Kate Bingham  
Acting Medical Officer of Health

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**Important links and vaccine clinic information:**

**Where to get flu shots:** [Get Your Flu Shot - Region of Peel \(peelregion.ca\)](https://www.peelregion.ca/flu)

**Where to get COVID-19 vaccination:** [Get your vaccine - Region of Peel \(peelregion.ca\)](https://www.peelregion.ca/covid19)

**How to protect your family from respiratory illness:** [Protecting yourself and others from COVID-19 - Region of Peel \(peelregion.ca\)](https://www.peelregion.ca/covid19)

**Find a compounding pharmacy for fever-reducing medications (call first):** [Find a Pharmacy - Association of Compounding Pharmacists of Canada \(acpcrx.org\)](https://www.acpcrx.org)

**Flu shot clinic locations:**

Make an appointment to get the free flu shot at:

- Family doctors' offices and walk-in clinics for adults and children over 6 months of age.
- Participating pharmacies for adults and children 2 years or older.
- Individuals without a health card can receive the influenza vaccine from a community health centre or at a pharmacy.

**COVID-19 vaccine clinic locations** (check our [website](https://www.peelregion.ca/covid19) for hours)

Peel Public Health clinics	Pop up and partner clinics
<b>Region of Peel Brampton office</b> <a href="#">10 Peel Centre Drive, Brampton</a>	<b>Meadowvale Town Centre</b> <a href="#">6975 Meadowvale Town Centre Circle, Mississauga</a>
<b>SaveMax Sports Centre</b> <a href="#">1495 Sandalwood Pkwy E, Brampton</a>	<b>Chris Gibson Recreation Centre</b> <a href="#">125 McLaughlin Rd, North Brampton</a>
<b>Sheridan Centre</b> <a href="#">2225 Erin Mills Parkway, Mississauga</a>	<b>Westwood Square Mall</b> <a href="#">7205 Goreway Dr, Mississauga</a>
<b>Region of Peel Mississauga office</b> <a href="#">7120 Hurontario Street, Mississauga</a>	

**Additional vaccine clinics are held at schools, pharmacies and primary care providers. For more information, visit:** [Get your vaccine - Region of Peel \(peelregion.ca\)](https://www.peelregion.ca/covid19)