

October 2026

Dear Parents, Caregivers and School Staff,

As illnesses such as influenza, COVID-19, and other respiratory viruses become more common during the fall and winter months, there are steps you can take to help keep you and/or your child healthy and reduce the spread of illness in schools and the community. Please read the important information below from Ottawa Public Health.

Get vaccinated

- Vaccination remains one of the best ways to protect against serious illness.
- Flu and COVID-19 vaccines are now available for everyone aged six months and older who live, work, or attend school in Ontario.
- Ensure your child's routine immunizations are up to date and [reported](#) to Ottawa Public Health.

Stay home when sick

- If your child is ill, keep them home until:
 - symptoms are improving;
 - fever has been gone for at least 24 hours without medication (48 hours for vomiting or diarrhea);
 - they can participate in normal activities.

Practice healthy habits

- Wash hands regularly and cover coughs and sneezes.
- Consider wearing a mask if recovering from illness or if you wish to reduce the risk of infection and transmission.

Learn More

- [OttawaPublicHealth.ca/RespVirus](https://ottawapublichealth.ca/RespVirus)
- [OttawaPublicHealth.ca/Immunization](https://ottawapublichealth.ca/Immunization)
- [Respiratory Illness Factsheet](#) – Ottawa Public Health & neighbouring health units
- [Where to Seek Care](#) – Ottawa Public Health & CHEO

Thank you for helping to keep our community healthy this respiratory season.



Dr. Laura Bourns

Deputy Medical Officer of Health

Ottawa Public Health