**Niagara Region Public Health**

**School Health Newsletter**

For Parents

Sun Safety

When enjoying the outdoors and getting some natural Vitamin D, Public Health would like to remind kids and adults to use proper protection from the sun.

* **Slap** on a hat
* **Slop** on sunscreen
* **Slide** on sunglasses
* **Slip** on protective clothing

Check out [The Canadian Cancer Society's Enjoying the Sun](https://cancer.ca/en/cancer-information/reduce-your-risk/be-sun-safe/enjoy-the-sun-safely) for sun safety tips and information on protecting toddlers and children.

For additional information, visit Niagara Region Public Health’s [website](https://www.niagararegion.ca/living/health_wellness/sunsafety/default.aspx).

**Identifying Ticks During COVID-19**

Now that the warmer weather has arrived, so has [tick](https://www.niagararegion.ca/living/health_wellness/disease-prevent/ticks/default.aspx) season in Ontario. Regional Public Health offices are currently closed to public access, but if you remove a tick, you can have it identified by:

* [Downloading a free app](https://physicians.createsend1.com/t/t-l-pzjyll-l-x/) and uploading photos of the tick for identification

OR

* Take a picture of the tick and submit it to inspect@niagararegion.ca

If more information is required once the tick has been identified, individuals can contact a Duty Officer directly at 905-688-8248 ext. 7590. Tick identification services will resume when our offices reopen to the public. General tick information can be found on our [Niagara Region Public Health website](https://www.niagararegion.ca/living/health_wellness/disease-prevent/ticks/default.aspx).

Enjoying Nature in Niagara

The Niagara region is home to many gorgeous nature trails! Check out: [Walking Trails - Niagara Region](https://www.niagararegion.ca/exploring/trails.aspx) and [Biking and Walking trails - Niagara Region](https://www.niagararegion.ca/exploring/cycle/default.aspx).

Supporting Parents During the Summer

[Niagara Parents](https://niagararegion.ca/parents) continues to offer free programs and services to support parents and families.

* Connect with a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:15 p.m. through [phone, live chat, video call, or email](https://niagararegion.ca/parents/contact.aspx). Live chat is available in 90 different languages.
* Find Niagara Parents on [Facebook](https://www.facebook.com/niagaraparents/?form=MY01SV&OCID=MY01SV) or [Twitter](https://twitter.com/NiagaraParents) for different activities you can do with your kids, relevant resources and virtual events for parents.

COVID-19 Update

The COVID-19 vaccine is the best line of defense for preventing the spread of COVID-19 in schools and protecting our entire community. [Public Health clinics](https://www.niagararegion.ca/health/covid-19/vaccination/clinic-schedule.aspx) are **currently accepting walk-ins** for first, second or third / [booster doses](https://www.niagararegion.ca/health/covid-19/vaccination/appointment-booking.aspx)

Helpful links and resources:

* [Guidance on self-isolation](https://www.niagararegion.ca/health/covid-19/self-isolation/school-child-care.aspx)
* [Frequently asked questions](https://www.niagararegion.ca/health/covid-19/vaccination/frequently-asked-questions.aspx)
* [COVID-19 Vaccination in children and youth](https://www.niagararegion.ca/health/covid-19/vaccination/youth.aspx)
* Additional fact sheets in [multiple languages](https://covid-19.ontario.ca/covid-19-vaccines-children-and-youth#community-resources)

Public health professionals are available to answer any questions through the COVID-19 Info-line Monday to Friday.

* 905-688-8248 or 1-888-505-6074, press 7 (available 8:30 a.m. to 4:15 p.m.)
* [Chat online](https://vue.comm100.com/chatWindow.aspx?siteId=232657&planId=531) in 90 different languages with auto-translate (available 8:30 a.m. to 4:00 p.m.)

Information on COVID-19 and vaccine eligibility is available on Niagara Region Public Health’s [website](https://www.niagararegion.ca/health/covid-19/default.aspx?topic=1), [Facebook](https://www.facebook.com/nrpublichealth), [Twitter](https://twitter.com/NRPublicHealth) and [Instagram](https://www.instagram.com/nrpublichealth/).