

Niagara Region Public Health School Health Newsletter



For Parents

COVID-19 Update

Niagara Region Public Health has recently updated their [Schools & Child Care During COVID-19](#) webpage! This page provides Niagara specific guidance for schools and childcare settings, along with helpful resources to support parents/caregivers.

Public Health recommends all eligible individuals be vaccinated against COVID-19. Vaccination is the best line of defence for preventing COVID-19 in the school and childcare setting. Visit a [Niagara Region Public Health COVID-19 Vaccination Clinic](#), book an appointment online through the provincial portal at [Ontario.ca/bookvaccine](https://ontario.ca/bookvaccine) or call the booking system at 1-833-943-3900.

For up-to-date information on COVID-19 and vaccine eligibility, please visit the Niagara Region Public Health's [website](#), [Facebook](#), [Twitter](#) and [Instagram](#). Public health professionals are available to answer any questions through the COVID-19 Info-line Monday to Friday, 8:30 a.m. to 4:15 p.m.

- 905-688-8248 or 1-888-505-6074, press 7
- [COVID-19 Info-Line wait times](#)
- [Chat online](#) in 90 different languages with auto-translate

Proper Mask protection

To continue to limit the spread of COVID-19, here are some reminders on [how to choose, use and care for a non-medical mask](#). The way your mask fits can help prevent you and others from being exposed to COVID-19.

Masks (face coverings) should allow for easy breathing, fit securely to the head with ties or ear loops, be comfortable, not require frequent adjustment, and fit securely to cover the **nose, mouth, and chin** without gaping.

- [Storing a Reusable Mask](#)
- [How to Knot and Tuck Your Mask to Improve Fit](#)
- [Niagara Region acceptable face coverings](#)

Flu Prevention

It is more important than ever to get the flu shot this year.

FREE flu shots are available across Niagara

- Contact your health care provider to get your flu shot
- Flu shots are also available through [walk-in clinics](#) and [participating pharmacies](#) (for individuals two years of age or over)

If you do not have a family doctor, see a list of [family physicians in Niagara who are accepting new patients](#)

For more information on this year's flu shot, please visit [Getting Your Flu Shot](#)

