

January 20, 2014

Dear parents, guardians and members of the school community,

At this time of year, illness due to respiratory viruses is common. Seasonal influenza is circulating in New Brunswick and confirmed cases have occurred in all age groups. Public Health would like to remind you of some measures that you can take to protect your health from the "the flu" and other respiratory viruses.

The best protection against influenza is immunization. All children between the ages of 6 months and 18 years are eligible for publicly-funded influenza vaccine. The vaccine can be accessed at family doctors' offices and clinics organized by the Victorian Order of Nurses. Pharmacies can also give influenza immunization to adults and children aged 5 years and older.

You can also promote your health with actions that reduce the spread of "germs" that can make you sick.

- Wash your hands frequently and try to avoid touching your eyes, nose and mouth because they can carry viruses.
- Cough into your arm and away from other people.
- If you or your child is unwell please stay at home until you are feeling better.

For your information I have enclosed a Fact Sheet on influenza. The Fact Sheet is available at this Government of New Brunswick link:

<http://www2.gnb.ca/content/gnb/en/corporate/promo/flu.html>

If you have any questions, please contact Public Health at 444-5905.

Sincerely,

(Original signed by)
Na-Koshie Lamptey MD MPH CCFP FRCP
Regional Medical Officer of Health
Bureau du Médecin-hygiéniste en chef