

## Niagara Region Public Health School Health Newsletter

### November 2022

#### November 20<sup>th</sup> – National Child Day

Canada declared November 20<sup>th</sup> as National Child Day to celebrate the rights of children. November 20<sup>th</sup> was chosen as the day to celebrate National Child Day because the United Nations adopted the [United Nations Convention on the Rights of the Child](#) on November 20, 1989.

Canada made a commitment to ensure that all children are treated with dignity and respect and have every opportunity to reach their full potential. This commitment includes:

- Providing children opportunities to have a voice (speak out and be heard)
- Protecting children from harm
- Ensuring children's basic needs are met

Niagara Region Public Health supports families with children through our [Niagara Parents](#) program.

- Find free programs and services aimed at children and their families
- Connect with a Public Health Nurse
- Register for free parenting classes
- Find links to services within the community

You can also find activities for children, relevant resources and virtual parent events through Niagara Parents on [Facebook](#) or [Twitter](#)

#### Flu Prevention



Public Health recommends the flu shot to everyone six months of age and older. Vaccinations are one protective measure that helps to prevent the spread of infection along with frequent hand washing, wearing masks indoors and staying home when you are not feeling well.

Severe illness is more likely in children, older people and those with underlying medical conditions. Getting the flu shot will prevent and reduce the severity of the flu.

Free flu shots are available across Niagara. **Please check ahead for vaccine availability:**

- Contact your health care provider to get your flu shot. If you don't have one, [find a doctor accepting patients or visit a walk-in clinic.](#)
- Visit a participating pharmacy (for anyone two years of age or over)

For more information on this year's flu shot, visit [our website](#).

## Not feeling well? Stay home

If your child is feeling sick, it is important that they stay home from school to prevent infections from spreading and to keep others safe.



If your child is feeling sick, they should stay home until:

- They have no fever (without the use of fever reducing medication), AND
- Their other symptoms are improving for 24 hours (or 48 hours if they have gastrointestinal symptoms like nausea, diarrhea or vomiting)



**Important note:** if a child has symptoms (regardless of a COVID-19 test result), they should wear a mask at school (and in public) for 10 days from when their symptoms started.

## COVID-19 Updates

The COVID-19 vaccine is the best line of defense for preventing the spread of COVID-19 in schools and protecting our community. Children six months of age and older can get vaccinated at any [Niagara Region Public Health COVID-19 Vaccination Clinic](#).

You can also get the COVID-19 vaccine from:

- [Participating pharmacies](#)
- Participating family doctor's offices and medical [walk-in clinics](#)
- [GO-VAXX buses](#) (five years of age and older)



If you or your child are experiencing symptoms of COVID-19 or have tested positive on a PCR or rapid antigen test, please review our [guidance on self-isolation](#).

Helpful links and resources:

- [Schools, Child Care Centres, Licensed Home Child Care Programs, and Camps During COVID-19](#)
- [COVID-19 school screening \(ontario.ca\)](#)



## Educational Resources

### Hand Washing and Germs Teaching Tools

For background information and learning activities on handwashing and germs visit <https://www.niagararegion.ca/health/schools/curriculum/personal-safety-injury-prevention/handwashing-and-germs/default.aspx>

This teaching tool is designed for students in kindergarten and grade one to help students:

- Reflect on how germs and illness are spread
- Practice correct handwashing and hand-rub techniques
- Use correct respiratory etiquette as part of their daily living

### National Child Day

National Child Day is an excellent opportunity for educators and caregivers to teach children about their rights. Below are some resources to incorporate learning opportunities and celebrations for students:

- [Resources for National Child Day](#)
- [National Child Day: Child Rights Activity Guide](#)