

COR-2025-216384

Dear School and Child Care Community,

Public health is strongly recommending everyone six months of age and older receive their flu shot as soon as they can. Vaccination is the best way to protect against the flu, particularly against serious complications.

Flu activity is starting to rise in the province, with 1 in 4 influenza infections being reported in children under 10 years of age. So far this season, fewer than 1 in 10 children under 10 years of age have received the recommended flu vaccine (flu shot).

This year's flu season is off to an early and concerning start in parts of Canada, with public health officials across the country warning of higher than usual flu activity. Children are being seriously impacted by flu in Ontario, with higher than expected emergency room visits, hospitalizations, and, sadly, recent reports of death due to infection.

With the busy holiday season fast approaching, getting a flu shot for you and your child will help to protect your family during a time when there is usually a sharp rise in flu virus in our communities. Parents and caregivers can help protect young children who are not yet able to receive the flu shot by getting vaccinated yourself.

To avoid getting and spreading the flu this holiday season:

- Get your flu shot
- Stay home if you are sick; wear a well-fitting mask if you must leave your home when ill
- Wash your hands often with soap and water
- Cover your coughs or sneezes with a tissue or your elbow
- Avoid touching your eyes, nose or mouth with unwashed hands
- Clean and disinfect surfaces and objects that are often touched by others

You can book your flu vaccine appointments by:

- Visiting [timefortheshot.ca](https://timefortheshot.ca)
- Checking with your primary care provider—a family doctor, nurse practitioner, or local pharmacy—to see if they are offering flu vaccine

For more information on the flu and vaccination, please visit [timefortheshot.ca](https://timefortheshot.ca).

Thank you for helping to protect the school and child care community and wishing you all a safe and happy holiday season.

Sincerely,



**DR. JANICE FITZGERALD, MD, MPH**  
Chief Medical Officer of Health