

# Prevent Respiratory Infections



- **It's not too late for your seasonal vaccines!** Stay up to date with vaccinations, including COVID-19 and flu. Free flu and COVID-19 vaccines are available from health-care providers and pharmacies. Children under 5 years without a health-care provider can be vaccinated at public health.



- **Clean hands often** with soap and water or alcohol-based hand sanitizer.



- **Cover coughs and sneezes** using a tissue or your elbow.



## **If your child is sick**

Please keep them home until:

- they have no fever, and
- their symptoms have been improving for 24 hours (or 48 hours if they had vomiting and/or diarrhea).



When returning to school, consider wearing a well fitting mask for 10 days from when symptoms started.

For more information, visit  
**[SoutheastPH.ca](https://SoutheastPH.ca)**