

TO All School Superintendents in Interior Health Region

FROM Dr. Fatemeh Sabet, Medical Health Officer, Interior Health
Interior Health Healthy Schools Team

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RE: Supporting Each Other During Respiratory Season

During this busy respiratory illness season, we're receiving reports of high rates of parents going to urgent and primary care centres, physicians' offices and hospital emergency departments with concerns about sick children and worries about accessing fever medication.

Below are resources and reminders to support families. Interior Health (IH) Healthy Schools is requesting that you share the following information with your elementary school families through school principals to help provide tools and supports as rates of respiratory illness continue to rise throughout B.C.

When your child is sick

Having a sick child can be distressing for many parents. Here are resources to help:

[When to bring your child to the Emergency Department](#) (BC Children's Hospital):
Additional examples to help families decide if their child needs emergency care.
8-1-1 or [HealthLinkBC](#): Families can speak to a registered nurse any time, every day of the year, or a pharmacist from 5 - 9 p.m. PST.
[Information for parents seeking medical care for children](#)

Preventative measures

Vaccination remains the best defence against both influenza and COVID-19. Book both influenza and COVID-19 vaccinations with your text or email invite [through the GetVaccinated system](#) or call 1-833-838-2323, or call your [local health centre](#).