



October 7, 2024

Respiratory illness season is here, with COVID, influenza, RSV, pertussis and many other respiratory viruses circulating.

Huron Perth Public Health, your local Family Health Teams and your hospital emergency rooms (as the Huron Perth and Area Ontario Health Team) want you and your children to get through this upcoming respiratory season as safely as possible. Below is information that can help parents and caregivers in Huron Perth to keep their loved ones as healthy as possible in the months ahead.

### Reduce the chances of kids getting sick

Take the following actions to reduce the chances of you or your children getting sick:

- wash hands
- stay home when sick
- stay up to date on vaccinations
- cover coughs and sneezes and mask when needed
- clean and disinfect surfaces
- improve indoor ventilation

More information on how to do the above actions can be found at [www.hpph.ca/illness](http://www.hpph.ca/illness). Visit [www.hpph.ca/getvaccinated](http://www.hpph.ca/getvaccinated) for information on how to access immunizations against flu, COVID, pertussis and RSV.

### Manage illness at home

Most respiratory illness in children, including colds, influenza, RSV (respiratory syncytial virus) and COVID-19 can be managed at home without the need for prescription medications. However, in some cases, it is important to seek medical care. (Ontario College of Family Physicians). For more information, see [Family Doctor Tips on Caring for Children with Respiratory Symptoms](#). This fact sheet is also available on the OCFP website in [multiple languages](#).

### How to access virtual care

Health811 is an easy way to get connected to care that you or your loved ones need and avoid unnecessary visits to the emergency room. Connect with a registered nurse seven days a week, day or night through online chat at <https://health811.ontario.ca/> or by calling 811 (Toll free TTY line: 1-866-797-0007). You can also use [811's online symptom checker](#).

Health 811 is a valuable resource to help you determine if and when you need to reach out to your health care provider. In a medical emergency, call 911 immediately.

Wishing you and your family a healthy season,

Huron Perth Public Health

Huron Perth Family Health Teams

Huron Perth & Area Ontario Health Team