

November 14, 2022

Dear students, staff, and families,

Due to significant community circulation of multiple respiratory viruses (Respiratory Syncytial Virus (RSV), Influenza, and COVID-19) and increases in pediatric hospitalizations in the province, Ontario's Chief Medical Officer of Health announced on Monday that residents need to get back to the basics that work by using all available layers of protection.

It is recommended that families remain vigilant and practice simple public health guidelines:

Continue to self-screen daily for symptoms of respiratory illness.

- Use the screening tools available at www.kflaph.ca/COVID19Schools

Stay home if you are sick or have new or worsening symptoms.

- Until you have no fever and symptoms have been improving for 24 hours (or 48 hours if nausea, vomiting, or diarrhea).
- Students or staff returning after being sick should wear a well-fitted mask in all public settings (including school and childcare settings) for 10 days from symptom onset.
- Households with children under 5 years of age, seniors, or people with underlying health conditions are recommended to mask at home when sick.

If you are a household member or close contact of someone who is sick:

- Self-monitor for symptoms.
- Wear a well-fitted mask in all public settings for 10 days from last contact with the sick person.

Improve fresh air supply and indoor air quality.

- Open windows if weather permits and is safe to do so.
- Run bathroom and kitchen exhaust fans longer or often.
- Ensure your home's ventilation system is maintained and supply/return vents are not obstructed.
- Run your portable air cleaner if you have one.

Wear a mask, practice respiratory etiquette, and keep hands and surfaces clean.

- Masking is strongly recommended in crowded indoor spaces, including schools.
- Frequently clean hands with soap and water or alcohol-based hand sanitizer.
- Consistently cover coughs and sneezes with a tissue or your elbow.
- Clean high touch surfaces frequently (ex. Toys, faucets, light switches, door handles, phones, tv remotes, etc.)

Stay up to date with vaccines.

- Stay up to date on all routine immunizations.
- Bivalent COVID-19 boosters are available to anyone 12 years and older who has completed their primary COVID-19 vaccine series. These boosters provide better protection against currently circulating COVID-19 variants and can be given a minimum of three months from your last dose or COVID-19 infection. Visit kflaph.ca/Vaccine to find a vaccine clinic near you.
- The available flu vaccine appears to be a good match to currently circulating influenza strains. Contact your doctor, pharmacy, or visit kflaph.ca/flu for more information on getting your annual flu shot.
- Flu and COVID-19 vaccines may be safely co-administered in those five years and up.

If you have additional questions, please visit kflaph.ca or call 613-549-1232.

Sincerely,

Dr. Piotr Oglaza, MD, CPHI (C), MPH, CCFP, FRCPC

Medical Officer of Health and Chief Executive Officer KFL&A Public Health

Family Doctor Tips on Caring for Children with Respiratory Symptoms

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.

Below, family doctors share tips on how to decide when to seek care for a respiratory illness and how to support your child at home.

Call your family doctor if your child:

- Has a fever lasting 72 hours or longer.
- Has a fever that went away for a day or longer (without fever medication) and then came back.
- Is unusually irritable and won't stop fussing, even after treating their fever.
- Has an earache lasting more than 48 hours.
- Is not eating or drinking. Note that it's normal to eat and drink less when sick. Liquids are more important than food.
- Has special needs that make caring for them more difficult.



As a parent or guardian, you know your child best. If you feel your child needs to be seen by a family doctor, please reach out for help.



Not sure what to do? Health Connect Ontario has a **symptom checker** and the option to **chat live with a nurse**. You can also **call 811** to speak with a nurse, available 24 hours a day.

Call 911 or go to the emergency department when:

- You are worried that your child is seriously ill.
- Your infant, younger than three months old, has a fever.
- Your child is struggling to breathe or is breathing faster than normal.
- You are concerned that your child is at risk of dehydration or is dehydrated.

These are only some examples of when to seek emergency care. Children's Hospital of Eastern Ontario (CHEO) has more information to **help decide if your child needs emergency care**.

For more information specific to COVID-19 and children, including rare complications, see **My Child Has COVID. What Should I Know?** in the **Confused About COVID** series.



Helping your child at home

- **Fever:** Treat fever or pain with over-the-counter medicines such as acetaminophen or ibuprofen if your child can take it – and if it is available.



Call your family doctor or pharmacist for advice if you are having difficulty accessing over-the-counter medicines. Information from the Canadian Pediatric Society outlines **how to take a child's temperature** and what to do if they have a fever. Here is a video on **managing fever in a child** from the U.K.'s National Health Service.

- **Red eyes and discharge:** These symptoms almost always go away on their own, without antibiotic drops or other medication. Warm compresses and artificial tears can help reduce discomfort.
- **Stuffy and runny nose:** Try saline rinsing sprays, a humidifier or a nasal aspirator.
- **Earache:** If you notice your child tugging on their ear, they may have an earache. Get assessed if your child's earache lasts more than 48-72 hours, if there is discharge from the ear or they have had more than 2-3 ear infections in the last year.
- **Cough:** Treat a cough with a humidifier or the steam from a shower. If the cough sounds like a bark, cool outside air may help. If your child is at least one year old, you can give them 1-2 teaspoons of honey in the evening.
- **Fluids:** Make sure your child gets enough fluids, including water, soups, sports drinks or even popsicles. Breastmilk/formula is enough for young babies who do not drink other fluids.

Tips to stay healthy and prevent illness

- Wear a mask (and have your child wear a mask) when in crowded, public indoor spaces.
- Wash your hands often and well; use hand sanitizer when washing is not possible.
- Cough and sneeze into your elbow instead of your hands.
- Stay home and keep your child home when they are sick, especially in the first couple of days when most infectious.
- Get the flu shot and keep COVID-19 doses up to date.



Ontario College of
Family Physicians



The OCFP thanks Dr. Kate Miller and Norfolk Family Medical for the **blog post** which inspired this information.