

December 08, 2022

Dear parents/guardians:

This is to inform you that there are a number of respiratory viruses circulating throughout the southeast Saskatchewan communities. Identified organisms include: COVID, influenza A, RSV and the common cold viruses.

Respiratory viruses spread easily through coughing, sneezing and direct contact with nose and throat secretions that can be on various surfaces like door handles. Viruses spread easily when people are in close contact in households, gatherings, social environments, classrooms, and child care centres.

Symptoms include sudden onset of fever, cough, chills, muscle aches, headache and a runny nose, and sometimes nausea and vomiting. Influenza specifically can result in hospitalization and death, especially in very young children, the elderly and those who have underlying health conditions.

To help prevent the spread of illness:

- **Ensure immunizations are up to date**, including influenza and COVID
- **Sick students** should not attend school until improved and no longer considered infectious.
- **Masking** is encouraged as per previous advisories
- **Frequent handwashing** should be encouraged, and where hand washing is not immediately available, use of **hand sanitizer**.
- **Students** should use their own water bottles and avoid water fountains.
- **Cough and sneeze** into sleeves.
- **Watch for signs and symptoms**. If symptoms are severe, please see your nearest local health service provider to get assessed, tested and treated

Should you have any questions or for more information please call the Saskatchewan Healthline at 811.

Sincerely,



Dr. Ashok Chhetri, MD, MPH
Medical Health Officer, Saskatchewan Health Authority

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan's the traditional territory of First Nation and Métis People.