

October - Respiratory season and fall immunizations

Article for website or newsletter:

Keep your children free from respiratory illnesses this winter

As the weather gets colder and we spend more time indoors, we're more likely to get sick with things like colds, flu or COVID-19 because these illnesses spread more easily in enclosed spaces.

Everyone should take these steps to protect themselves and limit the spread of respiratory illnesses:

- Get vaccinated for flu and COVID-19 if you are eligible.
- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water is not available.
- Avoid touching your face, especially your eyes, mouth and nose.
- Cough and sneeze into your elbow.
- If you have flu-like symptoms, stay home and away from people at higher risk of serious illness. If you are sick and cannot stay away from others, wear a mask. Learn more about masks [here](#).

Vaccinations for respiratory illness

Vaccinations prepare our immune system to recognize and respond to viruses. When children get immunized, they are less likely to get sick or pass along illness to others and better able to focus on learning, playing and doing the activities they love.

Register your children with the [Get Vaccinated](#) system so you can be reminded to get flu or COVID-19 vaccinations when they are due. Seasonal respiratory vaccinations are available from pharmacies, public health units and some primary care providers.

School-aged immunizations

As children get older, the protection from some [infant immunizations](#) can wear off. To set young people up for long-term health and well-being, vaccines are offered routinely in kindergarten, grade 6 and grade 9 with catch-up opportunities in other grades. Getting your child vaccinated on schedule is one of the best ways to protect their health.

All routine school-aged immunizations are free in British Columbia. If your child is not up-to-date with their vaccines, please make an appointment with a public health unit, family doctor, nurse practitioner or pharmacy. If your child's record shows their vaccines are not current, but they did get vaccines from a health care provider outside of public health:

- Contact the health care provider who immunized your child and ask for a copy of the immunization record.
- Report these immunizations to Public Health online at:
<http://www.fraserhealth.ca/immunizationform>

Learn more about school-aged immunizations, including how to access your child's records, here:

[Children and youth immunizations – Fraser Health Authority](#)

October social media posts:

Facebook



Fall is here—and so are colds, flu and COVID-19.

As we spend more time indoors, it's a good time to refresh your family's health habits:

- ✓ Wash hands often
- ✓ Avoid touching your face
- ✓ Cough/sneeze into your elbow
- ✓ Stay home if you're feeling sick—or wear a mask if you can't



Remember: Vaccination is the best protection against flu and COVID-19.

Comment on post:

Learn more 🖱️ <https://fraserhealth.ca/immunizations>

X



Fall is here—and so are colds, flu and COVID-19.

Remember to:

- ✓ Wash hands often
 - ✓ Avoid touching your face
 - ✓ Cough/sneeze into elbows
 - ✓ Stay home if sick or wear a mask
- 💡 Vaccines = your best protection against flu and COVID-19

Reply to post:

More info 🖱️ <https://fraserhealth.ca/immunizations>

Instagram

Post:



Fall brings more than just changing leaves—it also brings colds, flu and COVID-19.

Keep your family healthy this season:

- ✓ Wash hands often
 - ✓ Avoid touching your face
 - ✓ Cough/sneeze into elbows
 - ✓ Stay home if sick or wear a mask
- 💡 Vaccines = your best protection against flu and COVID-19



Click the link in bio to learn more.

Add this link to bio: <https://fraserhealth.ca/immunizations>

Story:



Fall is here—and so are colds, flu and COVID-19.

Get immunized and keep your family healthy [Link sticker to: <https://fraserhealth.ca/immunizations>]

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