

Queenston School

"The Small School with a Big Heart"

245 Queenston Street * Winnipeg, Manitoba* R3N 0W6
Phone: 204-489-3423 Fax: 204-488-6839

Principal: Michelle Namaka (mnamaka@wsd1.org)

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Dear Parent/Guardian:

We are writing to ask your assistance in helping to keep your child(ren) and the rest of our school community healthy.

The COVID-19 pandemic may have interrupted your child's routine health care, including immunizations against illness such as whooping cough. The vaccines that protect against whooping cough are part of Manitoba's recommended routine childhood immunization schedule and school immunization schedule. Children should be immunized at two, four, six and 18 months, once more between the ages of four and six and again in Grade 8 or 9.

Here are some other ways you can reduce the spread of germs and viruses:

Wash hands: Teach your child to wash hands frequently with soap and running water for at least 15 seconds. Be sure to set a good example by doing this yourself.

Elbows: Teach your child to cough or sneeze into the inside of the elbow. Be sure to set a good example by doing this yourself.

Eyes, nose, mouth: Teach your child to avoid touching his/her eyes, nose or mouth as germs or viruses can transfer from the hands into the body in this way.

Please keep children who are sick at home. It is important that sick individuals remain at home until they are better.

If you have questions, please contact your healthcare provider. For more information, contact Health Links 788-8200 or visit the Manitoba Health website: www.gov.mb.ca/health

Respectfully,

Michelle Namaka

What You Can Do to Fight the Flu



1. Cover your coughs and sneezes.



2. Wash your hands a lot.



3. Get a flu shot.



4. Stay home and call your doctor if you are sick.



5. Go to the doctor or hospital right away if you get worse or have trouble breathing.

For more information about the flu, call Health Links-Info Santé at 788-8200 or 1-888-315-9257.

 Healthy Child Manitoba
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Cover Your Cough and Sneeze



- Cover your mouth and nose using your upper sleeve or elbow.

OR -----



- Cover your mouth and nose with a tissue.
- Throw used tissue in the garbage.
- Wash your hands with soap and water. If soap and water are not available, hand sanitizer can be used.



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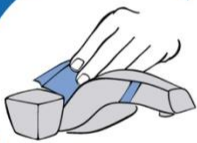
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HAND HYGIENE

USING SOAP AND WATER

Use in all situations where soap and water are available

- Rinse hands with warm running water, add soap to palms and rub hands together to create lather
- Thoroughly cover all the surfaces of your hands and fingers (including nails) for 15 to 20 seconds
- Rinse under warm running water
- Dry hands thoroughly with single-use towel or hand dryer
- Turn off the tap with a clean paper towel



USING AN ALCOHOL-BASED HAND RUB

Use when soap and water are NOT available, except if hands are visibly soiled

- Take a small amount of alcohol-based hand rub (about the size of a nickel)
- Rub it on your fingertips, both sides of your hands and between your fingers
- Continue to rub until your hands are dry
- There is no need to rinse or dry

Warning: The product is flammable when wet so ensure your hands are dry before performing another task.



HELP
PREVENT
THE SPREAD OF
INFECTION

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