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To: Parent or Guardian

Re: Protecting your family from Omicron during the winter break and holiday season

As COVID-19 variants circulate in our community, we wanted to provide you some information as you prepare for the winter break and the holiday season.

Take Precautions

Public health measures continue to be recommended: [wearing a mask](#), [physical distancing](#), [hand hygiene](#), staying home if sick even if symptoms are mild and getting tested.

COVID-19 Vaccinations and Booster Doses

Vaccination is strongly recommended for children 5 years of age and older and their family. In Toronto, over [74,000 children](#) 5 to 11 years of age have already gotten 1 dose. The vaccine has proven to be safe in this age group. Appointments can be booked by visiting the [Ontario COVID-19 Vaccination Portal](#) or by calling the Provincial Vaccine Booking Line at 1-833-943-3900. See [How to get vaccinated](#).

Testing

Get a PCR [COVID-19 testing](#) if you have symptoms or are a close contact of someone who tested positive for COVID-19. Test your child every 3 to 4 days with the [Rapid Antigen Tests](#) distributed by the school. If your child tests positive they should self-isolate and [arrange to get a confirmatory PCR test](#).

Holiday Gatherings

Keep your in-person social circle small and limited to vaccinated individuals as much as possible. Outdoor gatherings are safer than indoors. Limit the number of people at your social gatherings and the number of gatherings you attend. Additional precautions should be taken if all individuals are not fully vaccinated or where vaccination status is unknown. Use extra caution to protect people at higher risk of getting very sick from COVID-19, including seniors. See [Celebrate safely during COVID-19](#) and [Safely Celebrate the Holiday Season](#) for more information.

Domestic and international travel

Avoid non-essential travel. Individuals who decide to travel internationally must follow all [rules and regulations](#) outlined by the federal government. All students [travelling](#), must

follow all federal regulations Check for the most up to date information on federal requirements at travel.gc.ca/travel-covid

If you have general questions about COVID-19, please call our Hotline at 416-338-7600, Monday to Sunday 8:30 a.m. to 4:30 p.m. Interpretation services are available. If you need immediate health care assistance, please call Telehealth Ontario 24 hours a day, 7 days a week at 1-866-797-0000.

Finally, we would like to wish you and your families a safe winter break and a happy holiday season.

Sincerely,

A handwritten signature in black ink, appearing to read 'Nicole Welch', with a stylized flourish at the end.

Nicole Welch
Director
COVID-19 Child and Youth Response Team
Chief Nursing Officer