

Fall update to your patients

October/November 2022

With rates of respiratory illness increasing in our communities, the following website/email script may be adapted for your clinic to share helpful information and tips with your patients.

Dear patients,

As the weather gets colder and people spend more time indoors, we are seeing a spike in respiratory viruses – especially in children. Below are some steps you can take to keep you and those in your household healthy.

SEEKING TREATMENT

While many people with the flu, COVID-19 or other viral infections will recover on their own, others (e.g., infants/children, seniors, and those with underlying medical conditions) are more prone to complications. This [information sheet](#) can help you decide when to call our office for support.

COVID-19 treatment: If you get COVID-19 and are at higher risk for severe illness, you may be eligible for treatment with the antiviral Paxlovid – learn more [here](#).

For infants/children:

- See “When to come to the Emergency Department” on [this resource page](#) to help determine if your child needs emergency care.
- Children’s fever and pain medication have been in short supply. Some pharmacies will maintain a supply behind the counter, or may be able to provide alternate options without a prescription (i.e., chewable tablets, suppositories). See this [tip sheet](#) created by pharmacists and children’s hospitals.

FLU VACCINATION

We are holding our flu shot clinic for those 6 months and older on: **[insert flu clinic dates and times]**. To book a spot call us at **[insert clinic phone number]** or email **[insert clinic email address]**.

You may also be able to get your flu shot if you have a regular appointment scheduled with us in coming weeks, depending on supply. Flu shots are also offered at participating pharmacies for adults and children 2 years and older.

COVID VACCINATION

Keep up to date with your vaccination schedule – particularly if you are at risk of severe complications from infection. This [resource clarifies when it’s time to get a COVID-19 booster](#).

Booster doses are available for those for those 5 years+ who have completed their primary COVID-19 vaccine series. *[Contact our office to book your COVID-19 booster or]* book through the [provincial portal](#) or by calling 1-833-943-3900; check here for a [list of places to get vaccinated](#).

Flu and COVID-19 vaccines can be given [at the same time](#) for those over 5 years of age, where available.

For questions about COVID vaccination in children/pregnancy: The [Sick Kids vaccine consult line](#) is available to parents, children, youth, and those who are pregnant, breastfeeding or planning to conceive.

A reminder that masking is required in our clinic to reduce the risk of transmission and protect our most vulnerable patients. Please bring your mask to any in-person appointment.

As always, thank you for entrusting your care to us. We are here for you, in person or virtually, as needed.