



Thunder Bay District Health Unit

MAIN OFFICE

999 Balmoral Street
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Tel: (807) 625-5900
Toll-Free in 807 area code
1-888-294-6630
Fax: (807) 623-2369

GERALDTON

P.O. Box 1360
510 Hogarth Avenue, W.
Geraldton, ON P0T 1M0
Tel: (807) 854-0454
Fax: (807) 854-1871

MANITOUWADGE

1-888-294-6630

MARATHON

P.O. Box 384
Marathon High School
building,
14 Hemlo Drive, Suite B
Marathon, ON P0T 2E0
Tel: (807) 229-1820
Fax: (807) 229-3356

RED ROCK

P.O. Box 196
Superior Greenstone District
School Board Learning Centre
46 Salls Street
Suite #2
Red Rock, ON P0T 2P0
Tel: (807) 886-1060
Fax: (807) 886-1096

TERRACE BAY

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Terrace Bay, ON P0T 2W0
Tel: (807) 825-7770
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TBDHU.COM

September 29, 2023

Dear Parents and Caregivers:

As we head into the fall respiratory illness season, TBDHU recommends using the layers of protection approach to reduce the risk of illness and reduce the risk of spreading illness to others. With people moving indoors and more germs circulating, these layers work together and provide better protection than any one layer on its own. More information on each layer is available at [TBDHU.com/layers](https://www.tbdhu.com/layers).

Stay home if sick

- Visit ontario.ca/self-assessment if your child has any symptoms and follow the instructions given.
- Return to the classroom when symptoms have been improving for at least 24 hours, no fever or any new symptoms (or 48 hours if symptoms included nausea, vomiting and/or diarrhea).
- Avoid visiting long-term care and retirement homes when unwell to protect residents who are at higher risk of severe outcomes if they get sick.

Get vaccinated against flu and COVID-19

- Staying up to date on all recommended doses of both vaccines provides protection to your child and others around them, including anyone who is at higher risk of severe outcomes if they get sick.
- Get vaccinated as soon as possible when eligible.
- Learn more about when different groups are eligible and how to get vaccinated at [TBDHU.com/vaxclinics](https://www.tbdhu.com/vaxclinics) or (807) 625-5900 (press 4) or toll-free 1-888-294-6630.

Choose to wear a mask

- Choose a mask if it works for your child's situation, as masks remain an important way to protect ourselves and others.
- Wearing a mask outside the home for 10 days after symptoms have started (unless unable to wear one; this includes those under 2 years of age) is recommended.

Encourage good hand hygiene and respiratory etiquette

- Encourage, and practice, regular hand hygiene by washing with soap and water when available, or using an alcohol-based hand sanitizer.
- Cover coughs and sneezes with the elbow or a tissue.

Questions?

- Contact TBDHU at (807) 625-5900 and reception staff will direct you to the appropriate staff person based on your question.
- Visit [TBDHU.COM/covid19](https://www.tbdhu.com/covid19) for links to other COVID-19 related information.

Thank you for your continued support as we work together to keep our schools and child care facilities safe places to work, learn and play.