



# Hamilton

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Dear Parents and Guardians,

This newsletter highlights some important public health information for students and their guardians from the Vaccine and Infectious Diseases teams at Hamilton Public Health Services.

## Reporting your child's vaccines for school

Did you know parents and guardians need to report their child's vaccines to public health? Hamilton Public Health Services uses this information to respond to cases and outbreaks of vaccine preventable diseases. Up to date vaccine records helps Hamilton Public Health Services respond quickly and prevent further spread of disease and protect the health of children attending schools. Visit [Hamilton.ca/Vaccines](http://Hamilton.ca/Vaccines) to report the following vaccinations:

Diphtheria	Polio
Measles	Rubella
Meningococcal	Tetanus
Mumps	Varicella
Pertussis	

## Respiratory season

It's respiratory illness season in Hamilton! We are seeing an increase in respiratory infections in our community, such as influenza (flu), COVID-19, and respiratory syncytial virus (RSV). Respiratory illnesses spread easily from one person to another and can make people very sick. Especially at risk, are those with weakened immune systems, seniors, infants, young children, and people who are pregnant.

As we gather with family and friends over the holiday season, we ask that you use a multi-layered approach to protect yourself, your family, and our community from respiratory illnesses. This includes ensuring that the whole family is up to date on recommended respiratory vaccines.

Attached are two infographics that can help you protect yourself, family, and our community. Visit [Hamilton.ca/ProtectYourself](http://Hamilton.ca/ProtectYourself) to learn more or call 905-540-5250 for assistance to book an immunization.

Hamilton Public Health Services

# FALL RESPIRATORY IMMUNIZATIONS

Use multiple layers of protection to reduce your risk of respiratory illness for yourself and others

Immunization is the best way to protect yourself and others — and there's more you can do. Stay home when you're sick, wash your hands often, cover your coughs and sneezes, clean high-touch surfaces, wear a well-fitting mask in crowded indoor spaces, and spend time outdoors and keep indoor spaces well-ventilated

## COVID-19



### Pregnant People



6 months and older



### Infants & Children



6 months and older

## Influenza



### Adults 18 - 59 years



Eligible if pregnancy criteria is met



### Adults 60+ years



Some seniors aged sixty and older, and all seniors seventy-five and older.

One dose provides multi-year protection. So individuals who received the vaccine last year do not need to be vaccinated again

## RSV

Infants born after April 1, 2025 and up to 8 months of age during the RSV season (October 1st, 2025 – March 31st, 2026)

Infants 8 to 24 months of age may be eligible if they meet high-risk criteria

To find out if you are eligible for fall respiratory immunization, call your family healthcare provider or Hamilton Public Health Services at 905-540-5250 about immunizations for yourself and your family. Visit [Hamilton.ca/ProtectYourself](http://Hamilton.ca/ProtectYourself) and [Hamilton.ca/FallRespiratoryVaccines](http://Hamilton.ca/FallRespiratoryVaccines)

# PROTECT YOURSELF AND THOSE AROUND YOU FROM RESPIRATORY ILLNESS

Use multiple layers of protection to reduce your risk of respiratory illness for yourself & others

Stay up to date with all of your vaccinations	Screen daily for respiratory symptoms & stay home if sick	Cover your coughs, sneezes & avoid touching your face	Wash your hands often or use hand sanitizer	Clean and disinfect surfaces & shared items	Wear a tight-fitting, well-constructed mask in indoor public settings	Choose well-ventilated indoor spaces or spend time outdoors
						