

For Families:

Winter Safety: Winter is a great season for outdoor activities, such as sledding, skating, skiing, snowmobiling, and more! Cold weather, ice, and snow can be fun, but also dangerous for children. The following tips will help parents and children enjoy winter activities safely. Click [here](#) to learn more about how to be safe with the above mentioned winter activities and to learn more about winter safety in general, including how to prevent frostbite. For more information, please call the Health Unit's Health Action Line at 1-800-660-5853.

Does the Health Unit Know That Your Child Has Been Immunized? Ontario children are required by law to have certain immunizations to attend school. Not all children are immunized, however, due to medical conditions or other reasons, an exemption paper is to be completed and returned to the health unit. The Health Unit maintains immunization records for school-aged children to help protect unimmunized children during an outbreak of a vaccine preventable disease. During an outbreak, unimmunized students would be required to stay home until the outbreak is over. When a child receives an immunization at the doctor's office, it is the parents'/guardians' responsibility to notify the health unit so records can be maintained. **All** vaccines required for school attendance can also be received at the health unit for **free**. More info can be found at:
<http://www.healthunit.org/immunization/>