

# Backpack HEALTH CHAT

Summer Safety Edition 2022

Summer is just around the corner! We are all looking forward to the return of the adventures warmer weather brings. York Region Public Health encourages families to consider the following tips to ensure a healthy, safe and enjoyable summer!



## Be Smart About COVID-19

Although many pandemic control measures are lifted, COVID-19 remains a concern in our community, especially for our vulnerable friends and family members.

- **Get your COVID-19 vaccine doses before school is out** for the best protection from getting very sick from COVID-19. The COVID-19 vaccine is not a one-dose vaccine – kids and adults need their full two or three doses to be well protected
- **Stay home** if you have any COVID-19 symptoms
- **Keep a mask with you** at all times and wear one if you are in one of the “3Cs” – crowds, close contact, or confined spaces
- **Wash your hands** after using the washroom, playing outside, sharing toys, before and after eating and drinking and if your hands look or feel dirty
- **Cough and sneeze** away from others and into your elbow
- **Play outside** or keep doors and windows open whenever possible
- If you get COVID-19 this summer, isolate from others, drink plenty of fluids and get rest; contact your health care provider if symptoms worsen
- **Keep camps a safe and healthy place for everyone** by staying home from a day or overnight camp if you are not feeling well, and make sure you have all the COVID-19 vaccine doses you’re eligible for before attending camp programs.

## Power Up to the Next Level of Protection!

The future is brighter this summer, largely thanks to everyone in our community who got the COVID-19 vaccine and followed pandemic control measures. Over 85% of residents over the age of five received two doses. York Region Public Health thanks you!

More and more, we are learning that the COVID-19 vaccine is not a one-dose vaccine. Like many other routine childhood vaccines, you need more than one dose to get the best level of protection. Everyone ages five to 11 needs **two** doses of vaccine, and everyone 12 and over needs **three** doses for protection. It’s time to power up!

Over two-thirds of children five-to-11 years of age have received their first vaccine dose in York Region, which is great progress and speaks to our community’s enthusiasm for the COVID-19 vaccine. About 50% of five-to-11 year-olds have yet to receive their **second** dose, even though they are eligible.

Make sure you and your family are up-to-date with your COVID-19 vaccines before school is out. Power up so that you can safely enjoy camps, travel, festivals and all the fun that summer has to offer!

Information about COVID-19 vaccination eligibility and clinic locations can be found at [york.ca/COVID19Vaccine](https://york.ca/COVID19Vaccine)

Safe safe. Stay informed.  
[york.ca/SafeAtSchool](https://york.ca/SafeAtSchool)



## Get Outside for Some Summer Fun

There are many benefits to planning fun family outdoor activities, including reducing the risk of COVID-19 transmission.

We encourage everyone to go outside, enjoy some fresh air and be **physically active** while you continue to be mindful of possible COVID-19 transmission.

- Build your own **Nature Backpack** and have fun adventures outdoors
- Hop on your bikes and use the York Region **cycling maps**; make stops along the way for family pictures and memories!
- Find tranquility on one of the gorgeous forests in the **York Region Trails**
- Add to your outdoor adventures throughout the season and use the Lake Simcoe Region Conservation Authority's **Things to Do Before You're 99**

Visit [york.ca](http://york.ca) for more local summer fun ideas!



## Stay active and safe

Meeting **physical activity guidelines** during COVID-19 was challenging for many children and families. This summer will see the return of many regular activities. Using active transportation such as walking or cycling or wheeling is a great way to get where you are going and add physical activity to your day.

Choose a safe place to cycle or wheel, away from traffic, by using pathways, sidewalks and skate parks, and remember to wear a helmet when you are on wheels. Children under 18 are **required by law to wear a helmet** when cycling.

We can all do our part to keep our **roads safe** while school is out for summer! Learn more at [parachute.ca/safekidsweek](http://parachute.ca/safekidsweek) or visit [york.ca/physicalactivity](http://york.ca/physicalactivity)



## Say AHH!

**Private, online dental screening from the comfort of your own home!**

Connect with us to have your child screened. They may be eligible for free dental coverage through the Healthy Smiles Ontario program.

Call 1-877-464-9675 ext. 74388, Monday to Friday, from 8:30 a.m. to 4:30 p.m.

## Summer Safety Resource List



**Fight the Bite** - Protect yourselves from West Nile virus and Lyme disease in mosquito and tick bites and teach your kids to stay away from unfamiliar animals that could lead to the Rabies virus



**Beat The Heat** - Get tips to keep your family cool and protected during the summer heat



**Outdoor Dining, BBQ and Picnic Precautions** - Follow these food safety rules to help prevent illness, as food poisoning is especially dangerous for young children



**Splash Safe** - Protect against drowning and water-borne illness when visiting beaches, pools, hot tubs and splash pads this summer

