



8 December 2014

Dear Parents, Guardians and School Staff:

RE: Holiday Travel

Many families travel over the holidays. While most holiday travel is within Canada, some people may be planning to travel abroad. Please remember to share holiday joys, not holiday germs.

Here are a few things you can do to protect yourself, your family and the public:

1. **Influenza Immunization:** The peak of influenza disease in Alberta is predicted to occur in later December. Immunization now will ensure that you are protected prior to this peak. Influenza vaccine is free of charge for all Albertans (six months of age and older). For more information on Alberta's influenza immunization program please visit: www.albertahealthservices.ca/influenza.
2. **Hand Hygiene:** Using soap and warm water, wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing foods. Alcohol-based hand rub or sanitizer can also be helpful if your hands are not visibly soiled. Make a point of keeping your hands and fingers away from your eyes, nose and mouth.
3. **Travel Immunizations:** Please visit a local travel health clinic to review your immunizations and other preventative measures prior to travel:
 - information on health risks according to country or region
 - required and recommended travel immunizations
 - information about preventing travel-related illnesses.

Book your appointment well before you leave to make sure there is enough time to have all your immunizations. There may be fees for some services, please call ahead.

4. **Review Travel advisories:** Be sure to check the Travel Canada website (<http://travel.gc.ca/travelling/health-safety>) for general health and safety information when planning to travel abroad, including specific health advisories. The Public Health Agency of Canada (www.phac-aspc.gc.ca/tmp-pmv/index-eng.php) also has information for travelers.

Travel Safely,

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