



April 2025 School Health E-Blast

from Peel Public Health

What you'll find in this edition:

For Parents and Guardians

- Measles in Ontario
- Good Oral Health Habits start early

Measles in Ontario

For Administrators, School Staff and Parents/guardians

Measles cases are rising in Ontario and worldwide. Symptoms include fever, cough, red eyes, and a rash. Measles can cause serious health problems like pneumonia, brain swelling and even death.

The best protection is vaccination. Make sure your family is up to date, especially before traveling. Talk to your doctor to get vaccinated and protect your family with other important vaccines.

Stay home if you're sick

Make sure you or your child has no fever and feels better for at least 24 hours (48 hours if they had nausea, vomiting, or diarrhea). If you or your child still has a cough, runny nose, or other respiratory symptoms, protect others by wearing a tight-fitting mask for 10 days after symptoms begin, especially in public places and at gatherings.

If you have health questions:

- Call Peel Public Health at 905-799-7700 or 1-888-919-7800 (toll-free).
 - Call Health Connect Ontario at 811 (available 24/7 in multiple languages).
 - Talk to your healthcare provider.
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Good Oral Health Habits Start Early

For Parents/Guardians with students up to Grade 5

As a parent, you have a key role to play in supporting your child's oral health.

Are you finding it hard to get your child to brush their teeth? Make toothbrushing fun in your house! Try these tips:

- Use a monthly brushing chart.
- Use a two-minute timer.
- Pick a fun new toothbrush for your child.
- Play your child's favourite song while they brush.



Image Description; A mom and child smiling

Let your child watch you brush your teeth to help teach them good oral health habits. A healthy smile is a happy smile! Oral health is an important part of a child's overall health.

Encourage your child to:

- Brush teeth at least two times a day for two minutes each time. Floss every day.
- Visit a dentist regularly.
- Choose healthy food. Drink water.

For more information, visit the [Canadian Dental Association](https://www.cda.ca/).

Contact Us

Peel Public Health – School Health Inbox

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Use #SchoolHealthinPeel to connect with us on Social Media!