

Dear Parent/Guardian,

Upon entering Kindergarten, your child is due for his/her school entry immunizations. Immunization has saved more lives in Canada in the last 50 years than any other medical intervention. Immunizations help your immune system to recognize and fight bacteria and viruses that cause diseases.

Manitoba Health's recommended immunizations for children 4-6 years include the following:

- MMRV vaccine (Measles, Mumps, Rubella, Varicella)
- Tdap-IPV vaccine (Tetanus, Diphtheria, Pertussis, Polio)

Immunizations in Manitoba are voluntary and only given with the consent of the parent or legal guardian.

These immunizations can be given free of charge by your family doctor or by a Public Health Nurse at the Child Health Clinics. The Child Health Clinics are located at the Elie Health Unit in the Elie Medical Center (7 Main St) and are held alternate Tuesdays. Please call 204-353-2043 if you wish to make an appointment.

The role of the Public Health Nurse in schools is to act as a resource linking schools to information and resources, providing school-based immunizations in designated grades as per Manitoba Health schedule, and follow-up on reportable communicable diseases.

Here are some various resources you may find helpful as a parent:

Immunize Canada:

Up-to-date information on immunizations

<https://immunize.ca/>

Caring for Kids:

Information for parents from Canada's paediatricians

<https://www.caringforkids.cps.ca>

The Attachment Network of Manitoba/Parenting resources:

10 things your school aged child wants you to know

https://attachmentnetwork.ca/wp-content/uploads/2020/10/Child_English_High.pdf

Manitoba Health website:

Find topics such as Lice, Mumps, Pertussis, Lyme Disease

http://www.gov.mb.ca/health/publichealth/atoz_diseases.html

Feeding Your Child Ages 1-5

<http://www.gov.mb.ca/health/healthyeating/docs/feedingyourchild.pdf>

Healthy Foods Ideas

<https://www.gov.mb.ca/healthyschools/foodinschools/index.html>

Please feel free to contact the Public Health Nurse at 204-353-2043 if you have any concerns or for more information.

Sincerely,

Brianne Rempel, RN BN

Public Health Nurse

Elie Public Health Unit