

Dear Employees, Program Participants, and Families/Caregivers,

We hope you all had a great summer and are enjoying the beautiful Fall weather we have been having!

As we move deeper into Fall and we begin to spend more time indoors, it's important to prepare for the rising risk of respiratory illnesses, including COVID-19, the flu, and RSV (Respiratory syncytial virus).

Dr. Theresa Tam, Chief Public Health Officer of Canada, recently shared that "Now is the time to take action to stay safe this respiratory season".

Some exciting news to help everyone prepare is that Health Canada recently approved an updated COVID-19 vaccine. This new vaccine has been shown to be very effective against the newly circulating variants. It provides good protection against serious outcomes, including hospitalization and death. The initial doses will be prioritized for high-risk groups, such as those living and working in congregate care setting.

It is especially important this season to receive both the flu and COVID-19 vaccine – they are safe and can be given at the same time. Getting your vaccines is an important step to help keep you well during the Fall and Winter months. Stay tuned...more to come on how/when you can receive these vaccines.

As we have learned so well over the last few years, prevention is one of our most important and effective tools. Using our tried and true infection prevention practices continues to be the best way to protect yourself and others.

Remember to:

- Wash your hands with soap and water and use hand sanitizer frequently.
- Persons supported should screen themselves each day and before visiting another home or going on an outing.
- Families and friends should screen before visiting a home or spending time in your own home/other environments with a person supported. If you are ill or have symptoms, please stay home and reschedule your visit until you are well
- Persons supported should let their staff know if they are feeling at all unwell.
- Keep up to date with your vaccines – including the new COVID 19 vaccine.

Empowering people with an intellectual disability to live, learn, work, and participate in their community.

Autonomisant des personnes ayant une déficience intellectuelle, avec des moyens de vivre, d'apprendre, de travailler et de participer à leur communauté.

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As always, CLYS will continue to monitor how COVID-19 is circulating in our community. If we see that risks are increasing, we may need to re-introduce additional precautions.

Our focus is on Prevention!

To keep our staff, individuals and families safe during this upcoming season, there will be various options to receive the flu and COVID-19 vaccine (beginning in October) in our communities, including the following:

- Reena vaccine clinics
- York region mobile team
- Family physicians
- Pharmacies
- Other vaccine clinics held by public health or other community/health care agencies

It is important to begin to plan for vaccinations. Your supervisor will be reaching out to contact you for consent for the COVID and flu vaccine.

If you have any questions, please email info@communitylivingyorksouth.ca.

Stay safe!

Sincerely,



Nancy Kula
Executive Director
Community Living York South

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