

**Monday, December 5, 2022**

Dear Richmond Families,

I am reaching out to you as we are well into the flu and cold season. At this time of year we sometimes see an increase in student and staff absences due to illness in some schools. In order to keep as many members of school communities as healthy as possible, the district would like to share the following wellness reminders provided by Vancouver Coastal Health (VCH):

- Please keep your child at home if they are feeling sick.
- Please encourage your child to wash their hands regularly through the day. Hand washing with plain soap and water, or an alcohol-based hand sanitizer, reduces the spread of illness.
- Please encourage your child to cover their coughs and sneezes.
- Fall boosters against COVID-19 and influenza are available. Vaccine appointments can be booked at [gov.bc.ca](https://gov.bc.ca) or by calling 1-833-838-2323.
- Masks continue to be an option for all members of our school communities.

For further information, please consider the following resources also provided by VCH:

- VCH's Sneezes and Diseases, which includes sections on common conditions and diseases:  
<https://sneezesdiseases.com>
- HealthLinkBC Files  
[When to Keep Sick Kids Home from School](#)

Thank you all for your ongoing efforts to keep everyone in our school communities as healthy and safe as possible. We know from our experience during the pandemic that when we work together, we can all make a difference.

Sincerely,



**Scott Robinson**  
Superintendent of Schools