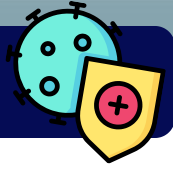




Information and Resources for the 2023/24 Respiratory Illness Season

Quick tips for Ontario's Emergency Management Community

Simple and effective ways to protect ourselves and others:



- ✓ Stay up to date with your COVID-19 vaccinations.
- ✓ Get an annual flu shot when it becomes available.
- ✓ Consider wearing a mask, especially if at high risk.
- ✓ Cover your mouth when you cough or sneeze.
- ✓ Stay home when you feel sick.
- ✓ Wash your hands often.

Some people are more vulnerable to complications and hospitalization from respiratory illness:



65 years and older



children under 5 years of age

babies under 6 months old



pregnant people

Starting in September...



The province expects to **start receiving doses of Moderna's updated SPIKEVAX XBB COVID-19 vaccine**, which better protects against the new Omicron XBB variant.

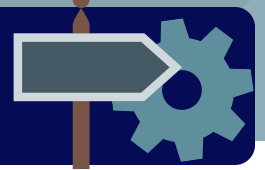
Flu shots and COVID-19 vaccines will be available for the most vulnerable high-risk populations, **including hospitalized individuals, hospital staff and residents and staff in long-term care homes**, followed by those in retirement homes and other congregate settings.

Health care providers across the province can order **rapid antigen tests** to share with patients **free of charge**.

Ontarians are encouraged to get their flu and COVID-19 shots as soon as they are available to them.

"COVID-19 activity is rising with new variants circulating and other seasonal respiratory illnesses are expected early this year."
-Dr. Kieran Moore, Chief Medical Officer of Health

Resources for Readiness and Response



Visit Health811

or call 811 (TTY: 1-866-797-0007 toll free) for health advice and information 24 hours a day, seven days a week.

Public Health Unit Locations

Find PHU locations/contact information here, for questions related to immunization.

PPE Supply Portal

The Online Destination for public sector and associated organizations ordering Personal Protective Equipment (PPE). Note: Access to the PPE is being granted in phases, where in-scope organizations will be notified prior to being granted access to the system.

Flu Vaccines Guidance and Information

Free flu shots for the general public aged six months and older, **available October 30th** at doctor and nurse practitioners offices, some public health units and participating pharmacies.

Seasonal Respiratory Pathogens Readiness and Response Planning Guide

Published July 2023 by Ministry of Health.

Ontario Respiratory Virus Tool

Provides comprehensive epidemiological information of respiratory virus activity in Ontario, including COVID-19, influenza and other respiratory viruses (posted every Friday at 11:30 a.m. EST).

COVID-19 Vaccines Guidance and Information

Once available, you can book a COVID-19 vaccine via our website or call the Provincial Vaccine Contact Centre at 1-833-943-3900 (TTY: 1-866-797-0007 toll free) from Monday to Friday (excluding holidays) from 8:30 a.m. to 5 p.m. Eastern time.



Ontario

Learn about Ontario's Provincial Emergency Management Strategy and Action Plan here.

Note: Accessible format available upon request.