



GREEN BAY SCHOOL

RespectWhakaute PositivityMatika InitiativeAuahatia

11 May 2022

Kia ora koutou

Winter Illnesses

With Term 2 underway, we're looking ahead to what might come next – not just from COVID-19 but the upcoming winter season and illnesses that may come with it.

With New Zealanders mostly sheltered from exposure to flu in the last two years, health experts are concerned about our lower immunity to flu. This winter there is the very real possibility of getting the flu and COVID-19 within a short space of time which can lead to a very serious illness.

In 2022, flu vaccinations are free for:

- Over 65's
- Māori and Pacific people over 55
- Pregnant people
- Ages 6 months+ with underlying health conditions like diabetes, asthma, or a heart condition
- Children under 4 who have been in hospital with respiratory illness such as asthma

As always, we want to keep our students (and staff) as safe as possible from illness and to have as many learning on site as we can. All those good actions we already have in place to reduce the risk of harm from COVID-19 will also help to prevent seasonal illnesses, including:

- staying away if unwell and seeking advice about getting tested
- regularly washing hands
- using well-ventilated spaces
- wearing masks when indoors
- cleaning and disinfecting high-touch surfaces regularly
- covering coughs and sneezes

You can do the same at home and hopefully together, we will keep our community healthy this winter.

Arohanui

He whānau kotahi tātou - We are one family

Anand Muthoo

Principal

Green Bay School