

Nov. 5, 2025

Dear parents, guardians and staff:

RE: First Influenza A Confirmed Case of the Season

Please be advised that Southeast Public Health (SEPH) has received laboratory confirmation of the first case of influenza A for the **2025-2026** season. We are providing this information so that you will be able to take steps to ensure the best protection possible for yourself and your family.

Influenza causes mild to severe illness and can lead to serious health complications, even in healthy children and adults. Immunization is the best way to prevent influenza; even in years when there is a strain mismatch, the flu vaccine will still offer some protection. The influenza vaccine (flu shot) is available free of charge to anyone who lives, works or goes to school in Ontario who is 6 months of age and over. Contact your health-care provider or local pharmacy for your influenza vaccine if your family has not yet been immunized. For children under 5 years of age who cannot receive their immunization from their health-care provider, [Southeast Public Health is offering clinics](#).

Next to immunization, the single most important way to prevent the spread of infection is to clean hands often with soap and water or alcohol-based hand sanitizers. Alcohol-based hand sanitizers should only be used for children if they are assisted and should be stored out of reach of young children.

The symptoms of influenza include:

- fever (greater than 38.0°C/100.4 °F)
- dry cough
- chills
- headache
- muscle aches
- loss of appetite
- sore throat
- runny nose

Young children may also experience nausea and vomiting with the above symptoms.



If your child is feeling unwell, please keep them home until they are fever-free and their symptoms have improved for at least 24 hours (or 48 hours if they've had vomiting or diarrhea). When your child returns to school, we encourage them to wear a well-fitting mask for 10 days from when their symptoms started to help keep others healthy. To learn more about how to protect yourself, your family, and your community from respiratory illnesses, visit [Ontario's respiratory illness page](#).

Regards,

Southeast Public Health