

August 31, 2024

Dear Parents/Guardians of Distributed Learning Students and Homeschooled Students,

**Re: Public Health Services for School-Age Children**

---

As a new school year begins, I am writing to remind you of some of the health services and resources available to school-age children through Interior Health's (IH) Public Health.

Details about all the services and resources available can be found online by using the QR code to the right or going to <https://bit.ly/4dCzrtW>



Interior Health offers Public Health services through community health centres. You can find the closest community health centre and specific services by searching for **Public Health** through the **Find a Service** button on interiorhealth.ca.

---

**Hearing Health**

Early detection of hearing loss and information about options for interventions are available through Public Health.

**Immunizations**

Immunizations are the best protection against many serious vaccine-preventable diseases. BC students, kindergarten to grade 12, are eligible for publicly funded vaccines.

All publicly funded immunizations are available by appointment at your local community health centre. You can find health centre contact information on the back page of this letter.

**Sleep**

Proper sleep is vital to support learning and development in school-aged children. Among other resources you can learn about back-to-school sleep routines here: <https://bit.ly/3WKVlEn>

**Tobacco and Vaping**

Tobacco use is the leading cause of preventable death and illness, and 85% of smokers started in their school-age years. Interior Health offers resources to help you talk with your children about using tobacco and vapes.

Thank you for helping our children and our communities stay healthy.

Sincerely,



Sanaz Vaseghi, MD MPH FRCPC  
Medical Health Officer

## Public Health at Community Health Centres

| IH<br>West                      | IH<br>Central                 | IH<br>East                    |
|---------------------------------|-------------------------------|-------------------------------|
| 100 Mile House ....250-395-7676 | Armstrong .....250-546-4727   | Castlegar .....250-365-7711   |
| Ashcroft .....250-453-1940      | Enderby .....250-838-2450     | Cranbrook.....250-420-2207    |
| Barriere .....250-672-5515      | Kelowna .....250-868-7700     | Creston .....250-428-3873     |
| Chase .....250-679-1418         | Keremeos .....250-499-3029    | Fernie .....250-423-8288      |
| Clearwater .....250-674-3141    | Lumby .....250-547-2164       | Golden .....250-344-3001      |
| Kamloops .....250-851-7300      | Oliver .....250-498-5080      | Grand Forks .....250-443-3150 |
| Lillooet .....250-256-1314      | Osoyoos.....250-495-6433      | Invermere .....250-342-2360   |
| Logan Lake .....250-378-3400    | Penticton .....250-770-3434   | Kaslo .....250-353-2291       |
| Merritt .....250-378-3400       | Princeton.....250-295-4442    | Kimberley .....250-427-2215   |
| Williams Lake .....250-302-5000 | Revelstoke .....250-814-2244  | Midway .....250-440-2887      |
|                                 | Rutland .....250-980-4825     | Nakusp .....250-265-3608      |
|                                 | Salmon Arm .....250-833-4100  | Nelson .....250-505-7200      |
|                                 | Sicamous .....250-836-4835    | Salmo .....250-357-9511       |
|                                 | Summerland .....250-404-8050  | Sparwood .....250-425-2064    |
|                                 | Vernon .....250-549-5721      | Trail .....250 364-6219       |
|                                 | West Kelowna.....250-980-5150 |                               |

Interior Health would like to recognize and acknowledge the traditional, ancestral, and unceded territories of the Dākelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, Syilx, and Tšilhqot'in Nations where we live, learn, collaborate and work together.