



**Public Health
Santé publique**
SUDBURY & DISTRICTS

March 10, 2022

Dear Parents and Guardians:

Re: Activate your March Break

This March Break prioritize your health and the health of your family by activating your body and immune system. Wondering what to do? Public Health has got you covered. Public Health Sudbury & Districts is encouraging families and the community to activate their March Break by getting out, getting active, and getting vaccinated!

Get outdoors, get active! There are many health benefits associated with spending time outdoors. Take advantage of the season and enjoy hiking, skating, skiing, or snowshoeing with loved ones. Challenge others to be active over the week as well. Enjoy an outdoor skating rink, [borrow snowshoes](#) from a local library (Greater Sudbury Public Library), or go explore a walking trail.

Get vaccinated! If you or any members of your family need to be vaccinated against COVID-19 make it a family activity and attend one of our family-friendly pop-up or mobile [vaccine clinics](#). Getting vaccinated against COVID-19 will help keep you and your family doing activities you enjoy!

Check out the [Activate your March Break calendar](#) to learn more about vaccine clinics and nearby trails or outdoor skating rinks.

To keep yourself and your family informed, follow us on our social media platforms [Facebook](#), [Twitter](#), and [YouTube](#). Visit our website at phsd.ca/COVID-19 for additional information. If you have any questions, please contact Public Health Sudbury & Districts' COVID-19 call centre at 705.522.9200 (toll-free 1.866.522.9200). Hours of operation are Monday to Friday from 8:30 a.m. to 4:30 p.m.

Sincerely,

Stacey Gilbeau, Director
School Health, Vaccine Preventable Diseases, and COVID Prevention Division

Sudbury

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t: 705.522.9200
f: 705.677.9611

Sudbury East / Sudbury-Est

1 rue King Street
Box / Boîte 58
St.-Charles ON POM 2W0
t: 705.222.9201
f: 705.867.0474

Espanola

800 rue Centre Street
Unit / Unité 100 C
Espanola ON P5E 1J3
t: 705.222.9202
f: 705.869.5583

Île Manitoulin Island

6163 Highway / Route 542
Box / Boîte 87
Mindemoya ON P0P 1S0
t: 705.370.9200
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Chapleau

34 rue Birch Street
Box / Boîte 485
Chapleau ON POM 1K0
t: 705.860.9200
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1.866.522.9200

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