

August 15, 2026

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 such as Human Papilloma Virus (HPV), which can cause certain cancers in later life, Tetanus, Measles and Meningitis.

BC students, **kindergarten to grade 12**, are eligible for publicly funded vaccines and 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.

Immunization records can be viewed through [Health Gateway](#). If your student has received immunizations outside of BC and you have paper records, you can submit those records on-line to the B.C. Provincial Immunization registry at immunizationrecord.gov.bc.ca

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/3WKVIEu>

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 keep our children and communities healthy.

Sincerely,

Sanaz Vaseghi, MD MPH FRCPC
Medical Health Officer

Public Health at Community Health Centres

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 Tsilhqot'in Nations where we live, learn, collaborate and work together.

IH West	IH Central	IH East
100 Mile House250-395-7676	Armstrong250-546-4727	Castlegar250-365-7711
Ashcroft250-453-1940	Enderby250-838-2450	Cranbrook.....250-420-2207
Barriere250-672-5515	Kelowna250-868-7700	Creston250-428-3873
Chase250-679-1418	Keremeos250-499-3029	Fernie250-423-8288
Clearwater250-674-3141	Lumby250-547-2164	Golden250-344-2211
Kamloops250-851-7300	Oliver250-498-5080	Grand Forks250-443-3150
Lillooet250-256-1314	Osoyoos.....250-495-6433	Invermere250-342-2360
Logan Lake250-378-3400	Penticton250-770-3434	Kaslo250-353-2291
Merritt250-378-3400	Princeton.....250-295-4442	Kimberley250-427-2215
Williams Lake250-302-5000	Revelstoke250-814-2244	Midway250-440-2887
	Rutland250-980-4825	Nakusp250-265-3608
	Salmon Arm250-833-4100	Nelson250-505-7200
	Sicamous250-836-4835	Salmo250-357-9511
	Summerland250-404-8050	Sparwood250-425-2064
	Vernon250-549-5721	Trail250 364-6219
	West Kelowna.....250-980-5150	

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