

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

MAY 2026

COMMUNICABLE DISEASE

Pertussis

Pertussis, also known as whooping cough, is **currently circulating in the Interior Health region**. It is contagious and can spread easily through coughing or sneezing, or through close contact such as sharing food or drinks, cigarettes or vapes, or kissing.

Pertussis is identified through testing by a healthcare provider and can be treated with antibiotics to decrease the time a person is contagious. All positive cases are followed up by Interior Health, and the follow up aims to reduce the transmission risk to close contacts who may be at higher risk.

Immunization remains the most effective way to prevent pertussis or reduce the severity of illness. If you are not sure if your child is up to date for pertussis or other diseases, check your child's immunization status through [Health Gateway](#). If you have questions about immunization or would like to schedule an appointment to get up-to-date contact your [local public health](#).

For more information see: [Pertussis \(whooping cough\) | HealthLink BC](#).

HARM REDUCTION

Talking to Teens About Substance Use

Open, honest conversations about drugs, alcohol, vaping, and other substances help teens make safer choices. **Talking early and often—without judgment and with a focus on safety—does not increase substance use and can reduce risks.** Even if you don't have all the answers, listening, sharing family values, and learning together can make a big difference. For more information see:

<https://www.interiorhealth.ca/stories/how-talk-teens-about-drugs-and-other-substances>

MENTAL HEALTH

EmotionsBC

Dealing with emotions that are hard to manage can create chaotic relationships. **EmotionsBC provides training, knowledge and support to help people cope, understand and communicate better with loved ones struggling with mental health challenges.** The ultimate goal in all relationships is striving for that sense of connection.

Click [here](#) to see the programs and groups they offer.