

Avoiding the Spread of Pandemic (H1N1) 2009

Important information for individuals and families

Pandemic (H1N1) 2009 (formerly named Novel H1N1 Influenza Virus) is a respiratory illness that causes symptoms similar to those of regular seasonal influenza. To prevent the spread of influenza, follow these simple tips:



CLEAN YOUR HANDS: Wash your hands for at least 15 seconds with soap and warm water or use an alcohol-based hand sanitizer.



COVER YOUR COUGH OR SNEEZE: Cover your cough or sneeze with your sleeve if no tissue is available. Throw away tissues after sneezing, coughing or wiping your nose or your child's nose and clean your hands.



DISINFECT SURFACES and ITEMS: Regularly disinfect hard surfaces such as counters and door knobs. Do not share personal items or drinks. Individuals with influenza-like illness should not share personal items with others.



STAY HOME IF YOU ARE ILL: Avoid large crowds of people where viruses can spread easily. Stay home when you are sick. Return to work or school when your fever is gone and you feel better. A lingering cough is normal.



GET IMMUNIZED: Get the seasonal influenza vaccine early if you are 65 years of age or older or live in a long term care home. The H1N1 influenza vaccine will be available in November. For more information on the influenza immunization strategy, see "Tips to Stay Healthy" at www.ontario.ca/flu.

Influenza-like symptoms include:

- fever of more than 38°C and cough
and...
- sore throat, shortness of breath / difficulty breathing, fatigue or aching muscles and/or joints

If your symptoms worsen, contact your health care provider or Telehealth Ontario (1-866-797-0000). Adults and children with underlying medical conditions, children under the age of 5 years, and pregnant women who develop symptoms should contact their health care provider IMMEDIATELY.

If you are experiencing influenza-like symptoms, please stay home from school, childcare centres, work, and/or recreational activities such as sports and social clubs. Avoid going to the emergency department unless you are recommended to do so by your primary care provider or Telehealth Ontario (1-866-797-0000).

**For more information, contact the Health Unit at
1-800-660-5853 or 613-345-5685
or visit our website at www.healthunit.org**