

This Year Will Be A Different Influenza Season

We encourage workplaces to contact Public Health if they notice a cluster of similar illness affecting a larger than normal portion of their employees (a general baseline is 10% of people ill). See pH1N1 symptoms listed in the grey box below.

Once contacted, Public Health would assist the workplace in determining if an outbreak is occurring and provide guidance for implementing measures to control the outbreak.

Workplaces are encouraged to promote and implement infection control measures and have a business continuity plan. - get help at www.ccohs.ca/pandemic/pdf/Business_continuity.pdf

Stay home when ill: People should not come in to work if they develop a fever and cough as well as one of the symptoms below. If someone becomes ill while at work, they should go home. 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). Employees can return to work once they no longer have a fever and are feeling better. A lingering cough is normal and employees may return to work if they have no other symptoms.

Influenza-like symptoms include:

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

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.

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.

We work with the community to promote, protect and enhance health.

Contact us for current and accurate information on health issues that are important to you, your employees and your family:

Leeds, Grenville & Lanark District

HEALTH UNIT

Your Partner in Health

**Health ACTION Line 1-800-660-5853 or 613-345-5685
or visit us on the web at www.healthunit.org**