

# **Leeds, Grenville and Lanark District Health Unit MEDIA RELEASE**

For immediate release: May 11, 2009 12:00pm

## **Health Unit confirms first case of novel H1N1 Influenza A in Leeds, Grenville and Lanark Counties**

The Leeds, Grenville and Lanark District Health Unit has received confirmation of the first case of novel H1N1 Influenza A in this area. This case will be among the numbers reported at the Provincial news conference later today. The confirmed case is an adult male with a travel history, who is recovering at home. The Health Unit wants to assure the public that this virus is similar to seasonal influenza and that standard steps are being taken to reduce the spread of the disease. We expect more cases to occur as this virus spreads through human contact; however, serious cases are rare. We will not be giving public messaging with each new case.

The Health Unit has frequent contact with local hospitals and receives surveillance from hospital emergency departments to monitor the extent of spread of the disease. All information to date indicates typical disease patterns for the time of year. There have been no unusual increases in influenza-like disease.

Symptoms for influenza are: headache, chills, cough, fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation. Vomiting and diarrhea have also been reported in some cases.

### **To prevent the spread of infection:**

- Practice frequent hand washing and use of hand sanitizer
  - After coughing, sneezing or blowing your nose
  - After shaking hands
  - Before eating
  - Before touching your nose, eyes or mouth
- Cover your mouth when sneezing and coughing
  - Cough into a tissue or your sleeve and wash your hands afterwards
- If ill, stay home from work, school or child care centres
  - Minimize contact with household members. Cover your cough and wash hands
  - Practice social distancing by avoiding going out in public
  - Contact your health care provider or Telehealth if you feel you need advice or care
- Keep things Clean
  - Frequently clean hard surfaces such as counters, door knobs and railings with a disinfectant wipe or cleaner

**If you have returned from travel in the last 7 days and are experiencing influenza-like symptoms, please contact your health care provider:**

- Don't go to the emergency department unless you are recommended to do so by your physician
- If you do not have a family physician, please call Telehealth Ontario at 1-866-797-0000

The Health Unit will continue to post updates on the status of novel H1N1 Influenza A on its website at [www.healthunit.org](http://www.healthunit.org). Please call our Health ACTION Line at 1-800-660-5853 for more local information.

More information is also available on the PHAC website [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca) or the Ontario Ministry of Health and Long Term Care website at [http://www.health.gov.on.ca/english/public/updates/archives/hu\\_09/swine\\_flu.html](http://www.health.gov.on.ca/english/public/updates/archives/hu_09/swine_flu.html). For general information by telephone, call the ServiceOntario INFOline at 1-800-476-9708.

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**Contact:** Dr. Anne Carter, Medical Officer of Health, Jane Fitcher, Director of Clinical Services or Susan Healey, Communications Co-ordinator at 613-345-5685