

# Leeds, Grenville and Lanark District Health Unit

## MEDIA RELEASE

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### HEALTH UNIT STAYING ON TOP OF SWINE FLU INFORMATION

The Leeds, Grenville and Lanark Health Unit is getting information daily from the Public Health Agency of Canada (PHAC) and the Ministry of Health and Long Term Care(MOHLTC) to provide up-to-date information to local Community Health partners and the general public regarding the Swine Flu situation.

At this time, there are no confirmed cases in Leeds, Grenville and Lanark. The Health Unit will notify the public of any changes. The Health Unit website has current information on Swine Flu, travel advisories as well as links to PHAC and MOHLTC sites. These sites will have up to date case data. The website address is [www.healthunit.org](http://www.healthunit.org). The public can also get information by calling the Health ACTION Line at 1-800-660-5853 to speak to a nurse.

#### 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 after wards
- Stay home from work, school or child care centres if ill
  - Minimize contact with household members. Cover your cough and wash hands.
  - Practice social distancing if you are ill by avoiding going out in public
  - Contact your health care provider
- Keep things Clean
  - Frequently clean hard surfaces such as counters, door knobs and railings with a disinfectant wipe or cleaner

**If you have recently travelled to Mexico, California or Texas and are experiencing flu 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

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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