

Leeds, Grenville and Lanark District Health Unit

MEDIA RELEASE

For immediate release: July 3, 2009 11:00 am

Health Unit confirms cases of Influenza in a summer camp in Leeds, Grenville and Lanark Counties

There have been several cases of influenza-like illness reported among campers and counselors at a summer camp this past weekend. The Health Unit is working with the camp director to contain the spread among other campers and staff.

The Health Unit wants to remind parents that they should NOT send a child with influenza-like illness to camp. Also, they should pack an alcohol-based hand sanitizer in their child's camping gear. Children's toothbrushes, toothpaste, wash cloths and towels should be clearly marked with the camper's name. Children should be advised NOT to share these articles.

Symptoms for influenza include: 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 or use hand sanitizer
 - After coughing, sneezing or blowing your nose
 - After shaking hands
 - Before eating
 - Before and after 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 you or your child is ill
 - Stay home from work and places where children congregate: school, day cares and summer camps
 - 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 Ontario (1-866-797-0000) 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 your child returns from camp and develops the symptoms listed above:

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

The Health Unit will continue to post updates on the status of H1N1v Influenza A on its website at www.healthunit.org. Please call our Health ACTION Line at 1-800-660-5853 for more local information.

Information is also available on the PHAC website 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. For general information by telephone, call the ServiceOntario INFOline at 1-800-476-9708.

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