

Leeds, Grenville and Lanark District Health Unit MEDIA RELEASE

October 20, 2009



Four Pandemic (H1N1) 2009 cases confirmed in Leeds, Grenville and Lanark

The Leeds, Grenville and Lanark District Health Unit recently received notice of 4 lab confirmed cases of Pandemic (H1N1) 2009. At this time, all cases are recovering and none has died. The Health Unit is continuing to monitor the number of cases in the community and following-up as appropriate. Local surveillance information will soon be available on the Health Unit website (www.healthunit.org/H1N1).

Personal information such as name, age and address are confidential and the Health Unit is not allowed to release this information to the public.

"H1N1 is here," says Dr. Anne Carter, Medical Officer of Health with the Leeds, Grenville and Lanark District Health Unit, "We recommend that all residents of Leeds, Grenville and Lanark take all precautions to reduce the spread of influenza".

To prevent the spread of influenza:



- **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.



- **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.



- **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.

For more information about Pandemic (H1N1) 2009, contact the Health Unit's Health ACTION Line at 1-800-660-5853 or 613-345-5685 or visit our website at www.healthunit.org.

Contact:

Susan Healey, BA, Communications Co-ordinator, 613-345-5685