

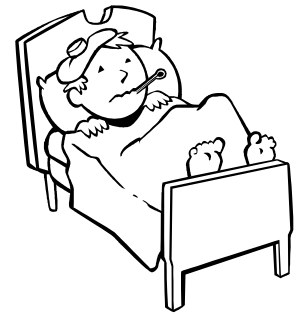
General Information

H1N1 Influenza is a new virus that has symptoms similar to seasonal flu, but can quickly develop into breathing problems. H1N1 Influenza is spreading easily from person to person globally.

Symptoms

The symptoms of H1N1 Influenza seem similar to symptoms of regular influenza (flu). They include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Children under 5 years may have vomiting and/or diarrhea



Complications such as pneumonia may develop in more severe cases, in people with chronic conditions, or in pregnant women who are in their second or third trimester or within four weeks post partum.

Prevent

To prevent the spread of H1N1 flu and to protect yourself and your family:

1. **Stay home if you are sick.** Stay away from other people and large crowds because you can spread the flu virus easily to others.
2. **Wash your hands well and often with warm water and soap.** Wash your hands for 15 to 20 seconds. Use hand gels (60 to 90% alcohol base) if soap and water is not nearby.
3. **Disinfect common surfaces often.** (e.g. phones, counters, etc.)
4. **Sneeze and cough in your sleeve, not your hand.**

Care

If you or someone in your family becomes sick:

- Stay at home. Keep sick family members away from those who are not sick.
- Drink plenty of fluids. (juice, water)
- Keep plenty of tissues on hand.
- Have a garbage bag within reach to throw out used tissues.
- Rest. It is very important.
- For fever, sore throat and muscle aches, use fever-reducing drugs. Do not use products with aspirin for children or teenagers – it can cause Reye's Syndrome, a life threatening illness.

Get Help

Seek medical care or phone Telehealth Ontario (1-866-797-0000) if you have:

- Difficulty breathing
- Shortness of breath
- Chest pain
- Severe or persistent vomiting
- A high fever (in adults) that lasts more than two days
- Severe tiredness in a child
- Confusion or difficulty waking an ill person

More Info

North Bay Parry Sound District Health Unit

Phone: (705) 474-1400 North Bay
(800) 563-2808 Burk's Falls
(705) 746-5801 Parry Sound

Toll Free: 1 (800) 563-2808

Web: www.healthunit.biz
www.fightflu.ca
www.health.gov.on.ca