

NEWS RELEASE

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TOGETHER WE CAN REDUCE THE SPREAD OF ILLNESS

Influenza season is here and the Health Unit would like to remind the community we need to work together to prevent the spread of influenza and other illnesses.

Those most vulnerable to viral and bacterial infections are the elderly, young children, pregnant women, and people with weakened immune systems or with chronic medical conditions.

To date, we have only seen sporadic influenza activity in our district. In addition, there are currently no infectious disease outbreaks in hospital or institutional facilities across our district. This is great news for the North Bay Regional Health Centre as they get ready to move patients into their new facility.

Despite the current trend of influenza in our district, the colder weather is keeping more people indoors. Therefore, it is important we continue to follow prevention strategies throughout the winter.

- Wash your hands well and often with warm water and soap.
- Use alcohol-based hand rubs if you can't wash your hands.
- Stay home if you are sick.
- Don't visit family or friends in hospitals or long-term care facilities if you are sick.
- Cough and sneeze in your sleeve.
- Get your free flu shot from the Health Unit or your health care professional. It's not too late!

Quote

"Everyone can prevent the spread of disease and protect those around us. Be sure to wash your hands often, stay home when you're sick, cough and sneeze into your sleeve and get your annual flu shot. By working together, we can have a healthier community."

- Dr. Jim Chirico, Medical Officer of Health
North Bay Parry Sound District Health Unit

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Quick Facts

- Many respiratory and gastrointestinal illnesses spread easily from person to person.
- Prevention is key to limit the spread of viral and bacterial illnesses in facilities and throughout the community
- Influenza is a severe viral illness that causes a fever, cough, headache, muscle aches, stuffy nose, and sore throat and is very contagious.
- For more information about infectious diseases, visit the following websites:

www.ontario.ca/health

Ontario Ministry of Health and Long-Term Care

<http://www.phac-aspc.gc.ca/index-eng.php>

Public Health Agency of Canada

www.healthunit.biz

North Bay Parry Sound District Health Unit

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