

Media Update

H1N1 Flu Virus (Human Swine Flu)



Services de santé du
TIMISKAMING
Health Unit

July 4, 2009

For immediate release

Timiskaming – The Timiskaming Health Unit confirms the first case of H1N1 Influenza in the District of Timiskaming. This first case is a visitor to a local summer camp in the area and is from the United States. The individual experienced mild symptoms and is recovering at the summer camp. No further cases have been identified.

Dr Pat Logan, Acting Medical Officer of Health states, “We are not surprised that we have our first case of H1N1 influenza virus in the district. As we have reported, the spread of this virus to our area was inevitable. We can expect to see more cases as the summer progresses, especially since our area receives a lot of visitors during the summer months. While the virus continues to spread throughout Ontario, it continues to be a relatively mild illness.”

The Timiskaming Health Unit will continue its surveillance efforts and to work with the local health care providers to respond to any new cases of the virus. The Timiskaming Health Unit would like to remind people to take the following important everyday steps to protect themselves and those around them:

- Wash your hands often with soap and water, especially after you cough or sneeze. A 60% -90% alcohol-based hand rub is also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze: then throw the tissue in the waste basket. Sneeze and cough in your sleeve if you don't have a tissue.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- If you get sick with the flu, stay home and limit contact with others.

Symptoms of the H1N1 flu virus are similar to seasonal influenza (flu) including, chills and cough followed by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation. Nausea, vomiting and diarrhea may occur in adults as well as in children. If you have symptoms of the flu, call your local health care provider or TeleHealth Ontario at 1-866-797-0000 for guidance.

For general information on the H1N1 virus, call the ServiceOntario INFOLine at 1-800-476-9708. Timiskaming residents are encouraged to visit the THU's website at www.timiskaminghu.com to access current and accurate information on this situation.

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Media Contact:

Kim Peters 705-647-4305 ext 353 or

Kerry Schubert-Mackey 705-647-4305 ext 337