

Media Release

May 1, 2009 (H1N1 Flu Virus - Human Swine Influenza)

Timiskaming - As of May 1st, there are no confirmed cases of H1N1 Influenza in Timiskaming. The Timiskaming Health Unit (THU) continues to **monitor** the situation closely and keep key stakeholders and the public informed. The THU is focusing their activities on public awareness and education. They recommend that everyone take precautions to decrease their risk of contracting *any* influenza virus by following these important steps:

- Wash hands frequently and thoroughly with soap and warm water, or use alcohol-based hand sanitizer
- Cough and sneeze into tissue covering your nose and mouth then dispose of it – do not reuse or share it
- If you don't have a tissue, then cough or sneeze in your arm or sleeve
- Practice social distancing techniques: avoid crowds, attempt to stay 3 feet/1 metre from others, do not shake hands, hug or kiss as a greeting.
- **Stay home if you are sick** especially if you have a fever and have travelled to an affected area.

Please visit the THU website at www.timiskaminghu.com for more information

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