

Media Update

H1N1 Flu Virus (Human Swine Flu)



Services de santé du

TIMISKAMING

Health Unit

May 5, 2009

For immediate release

There are no confirmed cases of H1N1 flu virus (human swine flu) in the Timiskaming Health Unit (THU) area. The Timiskaming Health Unit is monitoring the situation closely with local healthcare professionals and facilities.

“As expected, there has been an increase in the number of confirmed cases of the H1N1 flu virus in Ontario says Dr. Pat Logan, Acting Medical Officer of Health for the THU. “Also as expected, the first confirmed case has been reported in Northern Ontario (one in Sudbury and District area) as of May 5, 2009” adds Logan.

To stay healthy and reduce the spread of the virus, Timiskaming residents should continue to protect themselves and those around them by following these important steps:

- Wash your hands well and often with soap and warm water, or hand sanitizer
- Cough and sneeze into a tissue covering your nose and mouth then dispose of it
- If you don't have a tissue, then cough or sneeze into your arm or sleeve
- Stay home if you are sick

People who have flu-like symptoms (e.g. headache, chills, fever, loss of appetite, muscle aches and fatigue, runny nose, throat irritation) should call their health care provider or Telehealth Ontario (866-797-0000).

Locally, information from all sources is continually being received and assessed daily by the Timiskaming Health Unit to inform future actions. Current coordinated efforts with the support of community partners and stakeholders and in accordance with a Pandemic Influenza Response Plan include:

- public health information guidance and support being provided to health care professionals
- prevention messages to contain the spread of the H1N1 virus continue to be distributed to the public at an increased level

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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