

Media Update - H1N1 Flu Virus (Human Swine Flu)



May 8, 2009 - For immediate release

Timiskaming – As of May 8th, there are 6 more confirmed cases of H1N1 Influenza Virus in Ontario related to the Mexico and American situation, bringing it to a total of 62 cases in Ontario. All cases are mild and the individuals are recovering at home. Three of these cases are in the Sudbury District. Although the Timiskaming Health Unit (THU) remains vigilant, no cases have appeared in Timiskaming.

More cases are expected to appear across Ontario because of Ontario's increased surveillance by health units and health care providers, and because more people are reporting symptoms.

To stay healthy and reduce the spread of all viruses, the THU advises everyone to continue protecting themselves and others 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 at 1-866-797-0000.

For general information on the H1N1 Influenza 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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