

Important information about H1N1

H1N1: Avoiding the Spread of Infection

The H1N1 flu virus is a respiratory illness that causes symptoms similar to those of the regular human seasonal flu.

Washing your hands is the single most important way to prevent influenza. You should wash your hands for at least 15 to 20 seconds with soap and warm water or use an alcohol-based hand rub in the following situations:

- ▶ **before** touching your eyes, nose or mouth in any way
- ▶ **before** eating, preparing food or feeding others
- ▶ **after** coming into contact with a person who has influenza or with their immediate environment
- ▶ **after** blowing your nose or wiping a child's nose
- ▶ **after** coughing or sneezing

There are everyday actions that you can take to stay healthy:

- Cover your nose and mouth with your elbow when sneezing or coughing if no tissue is available.
- Throw away tissues after wiping your nose, sneezing or coughing.
- Keep personal items separate if a household member has influenza.
- Stay at least 6 feet away from the sick person if possible.
- Do not share personal items or drinks.
- Maintain good health by drinking plenty of water, exercising regularly, eating nutritious meals and not smoking.
- Get plenty of rest.
- Stay home from school/work if you are ill.

Symptoms include:

- **fever of more than 38°C**
- **shortness of breath/ difficulty breathing**
- **fatigue**
- **aching muscles and/or joints**
- **sore throat**
- **headache**
- **nasal congestion**
- **cough**

Consult a health professional if your symptoms persist or get worse.



Questions?

613-933-1375 or
1 800 267-7120
Ask for the Health Line.