

May 01, 2009

## **H1N1 Influenza A (Human Swine Flu) Information for Parents and Adult Students**

Hastings & Prince Edward Counties Health Unit is working closely with the Ministry of Health and Long-Term Care (MOHLTC) and the Public Health Agency of Canada (PHAC) to monitor the outbreak of H1N1 Influenza A (Human Swine Flu) that is occurring in Mexico, the USA and various provinces of Canada. As of April 30<sup>th</sup>, there have been no reported cases in Hastings & Prince Edward Counties.

What is H1N1 Influenza A (Human Swine Flu)?

- H1N1 Influenza A is a variant of seasonal influenza.
- This is a new strain that has never been seen before.
- Symptoms of H1N1 Influenza A are the same as seasonal influenza and include fever, headache, cough, muscle aches, sore throat, chills, and weakness or fatigue, and may include vomiting and diarrhea.
- Influenza is transmitted from person to person via coughs and sneezes that release germs into the air where they can be breathed in by others. Germs can also be transferred by hands and on hard surfaces like counters and doorknobs.

What can you do to stop the spread of germs?

- Wash your hands frequently and thoroughly with soap and hot water, or use an alcohol-based hand sanitizer.
- Cover your mouth and nose when you cough or sneeze.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Stay home if you are ill.
- In the last 7 days if you returned from Mexico **and** are exhibiting flu symptoms, contact your health care provider and make sure you mention your recent travel.
  
- To get more information and local updates, please visit [www.hpechu.on.ca](http://www.hpechu.on.ca)
- For information about travel visit [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)
- For health-related questions, call TeleHealth at 1-866-797-0000
- For general information on H1N1 Influenza A, call the ServiceOntario INFOLine at 1-800-476-9708, or Hastings & Prince Edward Health Unit at 613-966-5513 ext 349

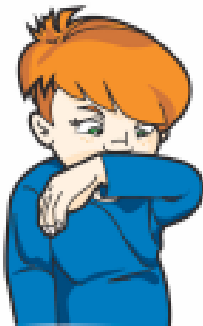
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*Information adapted from Toronto Public Health [www.toronto.ca](http://www.toronto.ca)*

# Cover your cough and sneeze!



Use a tissue to cover your  
coughs and sneezes



Sneeze or cough into your  
sleeve if you do not have  
a tissue



Clean your hands often