

2009 Oct 21

### **pH1N1 Influenza A - Update**

Influenza-like illness (ILI) rates are increasing in our area and are now higher than normally expected for this time of the year. Although we have not yet had a confirmed local case of H1N1, we are seeing Influenza A cases which we assume is pH1N1. At this time, pH1N1 is the only influenza strain circulating in Ontario.

It is important to note that the level of influenza activity is comparable to a typical flu season and we do not anticipate a significant impact on municipal services. Based on experiences in other jurisdictions we expect the overall impact to be equivalent to a normal flu season.

The Health Unit continues to communicate with the Ontario Ministry of Health and Long-Term Care and the Public Health Agency of Canada to closely monitor the outbreak of novel H1N1 Influenza A.

H1N1 Influenza A is respiratory illness that causes symptoms similar to those of the regular human seasonal flu. The symptoms include:

- fever
- sore throat
- fatigue
- runny nose
- lack of appetite
- muscle aches
- coughing
- watery eyes

Some individuals may also experience:

- vomiting
- diarrhea

#### **The message remains the same: To help prevent the spread of infection, we are advising:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home from work or school and limit contact with others if you get sick.
- Call your local health care provider if you are experiencing flu-like symptoms.

For more information on pH1N1 Influenza A, please:

- visit our website at [www.hpechu.on.ca](http://www.hpechu.on.ca)
- call the Health Unit's Communicable Disease Intake Line at 613-966-5513 ext.349
- contact one of the members of the **Department of Communicable Disease Control Management Team:**

Wayne Tucker, Director	966-5513 ext. 265
Bill Sherlock, Manager of Clinical Services	966-5513 ext. 245
Stephanie McFaul, CD/TB Program Manager	966-5513 ext. 266
Debbie Skalba, Administrative Assistant to the Director	966-5513 ext. 360

We will continue to keep you apprised of any further developments.

Yours truly,

Wayne Tucker, M.Sc.  
Director - Communicable Disease Control  
Hastings & Prince Edward Counties HU  
Tel: (613) 966-5500 Ext 265  
Fax: (613) 966-1813