



# *East End Family Health Team*

## **Seasonal Influenza and H1N1 Information**

When do I get both my flu shots this year?

**Because this is a different flu season, Ontario is implementing a three step approach to giving flu shots this year. The order of immunizations is based on what we know about the science of the virus, and those groups that are most susceptible to serious illness from seasonal influenza and H1N1. Watch for updates on specific dates and times available at your primary care provider office or through the Porcupine Health Unit. The tentative schedule for immunization is as follows;**

October	Seasonal Influenza for seasonal flu	Ontarians aged 65 and over and residents of long-term care homes
November	H1N1	All Ontarians
December/ January	Seasonal Influenza and seasonal flu	Ontarians under 65

How can I prevent myself from getting the flu?



**Good hand hygiene is the best way to prevent the spread of all flu viruses! Wash your hands thoroughly with soap and water after touching any commonly used surface, and before touching food or your face.**



**Keep an alcohol-based hand sanitizer (gel or wipes) handy at work, home and in your car. It needs to be at least 60% alcohol to be effective.**



**Cover your mouth and nose with a tissue when you cough or sneeze then discard the tissue and wash or disinfect your hands. Train yourself to cough into your elbow or upper sleeve if you don't have a tissue around.**



**Avoid large crowds of people where viruses can spread easily. Stay home when you are sick.**



**Keep common surfaces and items such as; phones, door knobs, and remote controls, clean and disinfected.**

## What do I do if I think I have the flu?

Screen Yourself! **H1N1 flu feels very much like the regular seasonal flu.**

Symptoms include; **fever and/or chills and shakes, cough, sore throat, body aches, headache, and extreme fatigue. Most cases of H1N1 flu tend to be mild and can be treated at home.**

Call Telehealth Ontario **when or if you do not start to feel better after a few days or if your symptoms get worse.**

You should **ONLY** call your health care provider if you experience flu symptoms and you:

- **are pregnant**
- **have heart or lung disease**
- **have any other chronic health problem that requires regular medical attention**
- **live in a remote or isolated community**
- **are elderly or frail**
- **have an illness or are receiving treatments for anything that may affect your immune system; for example diabetes, cancer, or HIV/AIDS**



**Telehealth Ontario**

**1-866-797-0000**

## How do I take care of myself?

If you do get the flu, there are some things you can do to make yourself feel better and avoid spreading the virus to others. Most importantly stay home and get plenty of rest!

### **To ease the symptoms of flu**

- **drink lots of fluids *but* avoid drinks with caffeine**
- **take basic pain or fever relievers *but* do not give acetylsalicylic acid or Aspirin® to children or teenagers under the age of 16**
- **if you do not have a fever, apply heat for short periods of time using a hot water bottle or heating pad to reduce muscle pain or take a warm bath to relieve aches and pains**
- **gargle with a glass of warm water or suck on hard candy or lozenges;**
- **use saline drops or spray for a stuffy nose**
- **avoid alcohol and tobacco use while sick**