

H1N1.....

Prevention in the Community

Coping with Flu

Brandon Regional Health Authority

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What is Influenza?

- **Potentially severe respiratory illness caused by flu virus**
- **Spreads easily from person to person through coughing and sneezing within 1-2 metres**
- **Can spread by touching contaminated hands to mouth, nose or eyes**
- **Hands can pick up virus from contaminated surfaces and objects (e.g., tables, door knobs, computers)**



Is it flu? (H1N1)

Almost always...

- Fever
- Cough

Commonly...

- Sore throat
- Muscle aches
- Joint pain
- Headaches
- Fatigue

Sometimes...

- Nausea
- Vomiting
- Diarrhea

Seek Care if You Have Flu and Risk Factors

- Under 5 years
- Chronic heart, lung, kidney or liver disease needing regular medical care
- Asthma
- Illnesses like diabetes or cancer or an illness or medication that lowers the immune system
- Pregnancy
- Aboriginal ancestry
- Obesity
- Smoking or alcohol/substance use
- Over 65 years

Go to Emergency Department

- Shortness of breath at rest or when doing very little
- Rapid or difficult breathing
- Extreme pain or pressure in the chest or stomach
- Vomiting that is severe or does not stop
- Confusion
- Seizures.

Is H1N1 a Pandemic?



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- World Health Organization declared H1N1 a pandemic
 - Most people with H1N1 have not needed hospitalization
 - Flu viruses change over time. They are difficult to predict.
 - Health officials are monitoring the situation.
 - Plans for pandemic and emergency responses are ready.

PREVENTION is key!

Prevent Flu

1. Wash hands frequently (or use a hand sanitizer)
2. Cover your cough or sneeze into sleeve or tissue
3. Separate sick from well people. Stay home if you are sick
4. Immunization

Hand Washing



The single most effective way to stop the spread of germs!

- After wiping, blowing or touching your nose
- After coughing or sneezing into your hands. It is better to cough or sneeze into your sleeve or tissue.
- Before preparing or eating food
- After using the toilet

Hand Washing



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- Wet hands with water
 - Add soap and rub hands together for 20 seconds to create a good lather (the time it takes to sing the A,B,C's)
 - Scrub all over both sides of hands, between fingers, and under fingernails
 - Children may need help to wash their hands
 - Rinse hands

Hand Sanitizers

- Alternative to hand washing if hands not visibly soiled
- Alcohol (at least 60%) hand sanitizers
- If using alcohol rubs, hands should be completely dry before touching anything, especially hand-to-mouth contact
- Do not ingest

Cough Etiquette



- Cover cough or sneeze into elbow, sleeve or tissue
- Discard tissues in waste baskets and wash hands afterwards
- If no tissues are available, cough into elbow or upper sleeve

If You Have Flu-Like Illness

- Stay home, even if you do not feel very sick
- Stay home until completely better

Environmental Cleaning

- Flu viruses can live on surfaces for several hours to days
- No special disinfectants or waste handling practices are required. Regular cleaning products and waste handling are acceptable.
- Ensure regular cleaning of high-touch surfaces (e.g., faucets, door knobs, counter tops)
- All sinks in washrooms, kitchens and eating areas should be well stocked with hand washing supplies at all times (e.g., soap, paper towels, hand dryers).

Coping with Flu

- Keep things in perspective
 - Stay informed
 - Maintain your normal routine
 - Take care of yourself
 - Stay connected

Children may have unique needs