

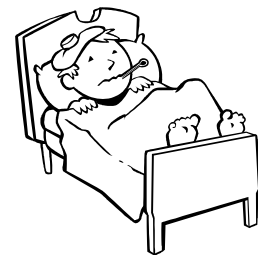
## Fact Sheet

H1N1 Influenza is a new virus that has symptoms similar to seasonal flu, but can quickly develop into breathing problems. H1N1 Influenza is spreading easily from person to person globally.

### Symptoms

The symptoms of H1N1 Influenza seem similar to symptoms of regular influenza (flu). They include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Children under 5 years may have vomiting and/or diarrhea



Complications such as pneumonia may develop in more severe cases, in people with chronic conditions, or in pregnant women who are in their second or third trimester or within four weeks post partum.

### How it spreads

- Flu viruses like H1N1 spread from person to person through coughing or sneezing.
- Sometimes people may become infected by touching contaminated objects or surfaces with flu viruses on it and then touching their mouth or nose. Virus droplets can live on hard surfaces for up to 2 days.
- You may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after you become sick.
- You cannot get H1N1 flu virus from eating or preparing pork. Proper cooking of pork products would kill any viruses.
- Surgical masks **are not** an effective way to prevent the transmission of influenza for the general public. People often use masks incorrectly, or contaminate the mask when putting it on or taking it off, which could increase the risk of infection.

## Prevent the spread

To prevent the spread of H1N1 flu :

1. **Stay home if you are sick.** Stay away from other people and large crowds because you can spread the flu virus easily to others.
2. **Wash your hands well and often with warm water and soap.** Wash your hands for 15 to 20 seconds. Use hand gels (60 to 90% alcohol base) if soap and water is not nearby.
3. **Disinfect common surfaces often.** (like phones, counters, etc.)
4. **Sneeze and cough in your sleeve, not your hand.**

## If you get sick

If you don't feel well or become sick:

- **Stay at home** until you have recovered.
- Drink plenty of fluids. (juice, water)
- Keep plenty of tissues on hand and have a garbage bag within reach to throw out used tissues.
- Rest. It is very important.
- For fever, sore throat, and muscle aches use fever-reducing drugs. Do not use products with aspirin for children or teenagers – it can cause Reye's Syndrome, a life threatening illness.

## Get help

Seek medical care or phone Telehealth Ontario (1-866-797-0000) if you have:

- Difficulty breathing
- Shortness of breath
- Chest pain,
- Severe or persistent vomiting
- A high fever (in adults) that lasts more than two days,
- Severe tiredness in a child,
- Confusion or difficulty waking an ill person.

## More Info

### North Bay Parry Sound District Health Unit

Phone: (705) 474-1400 North Bay  
(800) 563-2808 Burk's Falls  
(705) 746-5801 Parry Sound

Toll Free: 1 (800) 563-2808 Web: [www.healthunit.biz](http://www.healthunit.biz)