

# HEALTH ALERT

Due to H1N1 influenza, your health unit reminds you to protect your health with these tips:

- Wash your hands thoroughly and often with warm water and soap
- Use hand sanitizers if soap and water is not available
- Sneeze and cough in your sleeve
- Clean and disinfect common surfaces
- Keep doing what you normally do, but stay home if you are sick

Watch for these symptoms:

- High fever
- Cough
- Sore throat
- Headache
- Muscle or joint pain
- Lack of appetite and energy
- Children under 5 years may have nausea, vomiting and diarrhea

If you have these symptoms contact your health care provider, or Telehealth Ontario at 1-866-797-0000.

Updated July 2009

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