

Important information for parents and caregivers about Novel H1N1 Influenza

## Avoiding the Spread of Infection

Novel H1N1 influenza is a respiratory illness that causes symptoms similar to those of the regular human seasonal flu.

Washing your hands is the single most important way to prevent influenza. You should wash your hands for at least 15 seconds with soap and warm water or use an alcohol-based hand rub in the following situations:

**Before:**

- touching your eyes, nose or mouth in any way
- eating, preparing food or feeding others

**After :**

- coming into contact with a person who has influenza or with their immediate environment
- blowing your nose or wiping a child's nose
- coughing or sneezing

### There are everyday actions that you can take to stay healthy:

- Cover your nose and mouth with your sleeve when sneezing or coughing if no tissue is available.
- Throw away tissues after sneezing, coughing or wiping your nose or your child's nose.
- Keep personal items separate if a household member has influenza.
- Do not share personal items or drinks.
- Maintain good health by drinking plenty of water, not smoking, exercising regularly and eating nutritious meals.

### Talk to a health professional if you experience influenza-like symptoms, which can include:

- fever of more than 38°C
- shortness of breath/difficulty breathing
- fatigue
- aching muscles and/or joints
- sore throat
- headache
- nasal congestion
- cough

**If your child is experiencing influenza-like symptoms (e.g. fever, cough), please keep him or her home from school, childcare centres, work, camps and other public summer activities. Don't go to the emergency department unless you are recommended to do so by your primary care provider or Telehealth Ontario (1-866-797-000).**

**For more information, contact the Health Unit at  
1-800-660-5853 or 613-345-5685  
or visit our website at [www.healthunit.org](http://www.healthunit.org)**