



Weekly Report: Pandemic H1N1 Influenza Information for the Public

Date: 30 Nov 09	Time: 11:00 a.m.	Pandemic Level: 6
HIGHLIGHTS		
Check our website homepage for information about clinics in your area, or call toll-free 1-866-468-2240.		
H1N1 ACTIVITY LEVEL		
Ontario: Ontario health units are reporting sporadic to localized activity.		
NWHU: There is currently sporadic H1N1 activity across our region. Activity levels are lower than last week.		
Activity Level Definitions:		
<ol style="list-style-type: none">1) No activity: no lab confirmed cases2) Sporadic activity: sporadically occurring confirmed cases, no outbreaks3) Localized activity: sporadically occurring confirmed cases, no outbreaks in schools, workplaces or residential homes (in less than 50% of the region)4) Widespread activity: sporadically occurring confirmed cases, with outbreaks in schools, workplaces, or residential facilities (in more than 50% of the region)		
Activity levels are assigned based on lab confirmations, influenza-like-illness reports from various sources, and lab confirmed institutional outbreaks.		
CONTROL MEASURES		
Use the following routine infection prevention practices to help prevent and control the spread of influenza:		
<ul style="list-style-type: none">▪ Stay home when you are running a fever or feeling very unwell.▪ Maintain some distance from those coughing and sneezing.▪ Practice cough and sneeze etiquette, and effective hand hygiene.		
There are no advisories in place to restrict large gatherings. If you are hosting or attending a large gathering, use the routine precautions listed above.		

INFLUENZA SELF-ASSESSMENT TOOL

The Ministry of Health and Long-Term Care has developed an on-line self-assessment tool to help people decide what to do when they think they have the flu. It asks a few questions and provides advice on whether you should stay home or seek medical care. It also lists the symptoms you should act on immediately. It is intended to provide guidance and not intended to replace medical advice. You can find the tool at: www.ontario.ca/flu.

SCHOOLS & CHILD CARE FACILITIES

Schools and daycares will remain open at this time. Sick children, teachers and caregivers should stay home.

TRAVEL

Canadians are advised not to travel while they are ill. Visit the PHAC website for more information: <http://www.fightflu.ca/travel-voyage-eng.html>

MORE INFORMATION

<http://www.nwhu.on.ca>

<http://www.health.gov.on.ca/en/ccom/flu/default.aspx>

www.fightflu.ca