

H1N1 Information for All

Symptoms to watch for:

- fever and/or cough with one or more of the following:
- sore throat
- sore muscles
- sore joints
- extreme fatigue.

Although other symptoms including diarrhea and vomiting may be present (especially in children) those noted above remain the most common.

When to seek medical attention:

- fever subsides but then returns as illness worsens
- chest pain
- wheezing, shortness of breath
- decrease in level of consciousness
- bloody phlegm
- hallucinations
- 2nd or 3rd trimester of pregnancy and have flu symptoms (note: you should not provide care to someone that is sick during these trimesters)

* remain home until feeling well and able to resume normal day to day activity*

Transmission:

Direct - droplet spread (coughing/sneezing) Indirect - contaminated surfaces

Virus can last up to:

5 minutes on your hands

12 hours on cloth/paper/tissue

2 days on hard surfaces

Comparisons in Nova Scotia:

Seasonal Influenza: 10 - 25% of population get affected

H1N1 - 1st wave: thousands were affected

570 lab confirmed cases

18 hospital admissions (8 of these were in ICU)

1 death

Objectives:

Prevent infection/reduce spread

Hand hygiene & cough etiquette

Self isolation & self care

Immunization

Return to work: 5 - 7 days, when you can return to your regular daily routine

When you are sick:

at work - go home & self isolate

- use basic infection prevention & control practices
- clean & disinfect work stations as per usual

at home - minimize contact & encourage self isolation

- encourage hand hygiene & coughing etiquette
- avoid sharing of toiletries and other items (example: keep toothbrushes separate (not in same holder) use different towel/wash cloths)
- disinfect commonly used surfaces

Strategies for prevention:

- maintaining spatial distance
- Limit sharing of equipment
- hand hygiene
- coughing/sneezing etiquette
- clean workstations
- "train" people around you to cough/sneeze in their sleeve(s)
- use common sense and common practices

Other information:

- it is not important to be diagnosed with H1N1
- Canada has ordered enough vaccine for everyone to get it
- there is a lot of planning going on;
- there is sufficient supply of supplies and protective equipment
- there is going to be the regular seasonal flu shot and one for H1N1