

Attending Social Gatherings during Flu Season

It's a different flu season with two types of flu viruses circulating in Ontario. Attending a social gathering does not put you at higher risk for getting H1N1 and seasonal flu.

At this time, York Region's Public Health Branch encourages you to continue as much as possible with regular activities and social gatherings, while taking these precautions:

Prevent infection by following the usual infection control precautions:

- Wash your hands **well** and **often**. If soap and water are not available, use an alcohol-based hand sanitizer that contains 60 to 90 percent alcohol
- Cough and sneeze into your sleeve or a tissue, not your hand; dispose of tissues immediately.
- Avoid touching your eyes, nose or mouth; germs spread this way
- Stay home when you are ill and limit your contact with others
- Clean and disinfect shared surfaces

AND

Carefully monitor your health and the health of your loved ones, and stay home if you experience any of these symptoms:

- Fever (over 100 degrees Fahrenheit/38 degrees Celsius)
- Cough
- Sore throat
- Joint pain or weakness

In children under five years of age, vomiting or diarrhea may also be present and fever may not be prominent.

If you have concerns about you or your child's health, please contact your family physician or call **Telehealth Ontario at 1-866-797-0000** (24 hours a day/7 days a week).

For more information about York Region's recommendations, visit www.york.ca/H1N1 or call York Region *Health Connection* at 1-800-361-5653.

