



H1N1 Flu Shot Clinics



The H1N1 flu vaccine is available to everyone.

Vaccination is our most powerful tool in fighting this virus.

In order to prevent the spread of the H1N1 flu virus, everyone is being encouraged to get the vaccine. There are five community immunization clinics where the vaccine is being offered. Many family physicians are also offering H1N1 flu shots. For community clinic locations and hours of operation, visit www.york.ca/h1n1.

For more information call York Region
Health Connection at 1-800-361-5653



What can you do to stay healthy?

Vaccination is the best defence against flu viruses. Other proven methods for reducing your risk of illness are:

- **Washing your hands well and often.** If soap and water are unavailable, use an alcohol-based hand sanitizer that contains between 60-90 per cent alcohol
- **Coughing and sneezing into your sleeve** or a tissue, not your hand. Dispose of tissues immediately
- **Avoiding touching your eyes, nose or mouth.** Germs spread this way
- **Staying home** when you are ill and limit your contact with others
- **Cleaning and disinfecting** shared surfaces

You can help reduce the impact of illness in our community by teaching and encouraging your children to follow the above everyday actions.

What should I do when staying home when ill? How do I reduce the risk of others getting sick when someone is ill?

- 1. Protect yourself and others** – Ensure those that are sick either wear a simple surgical mask or cough and sneeze into tissues. Anyone within two meters (six feet) of the sick person can also wear a mask. Clean your hands often; including before eating, after handling things the sick person has touched and before and after putting on or taking off the mask.
- 2. Allow the sick person to rest (away from others)** – The ill should have at least two metres (six feet) away from others to reduce transmission. Clean items and surfaces the sick person has touched using household disinfectant.
- 3. Treat the fever and cough** – Use Acetaminophen or ibuprofen as directed to bring down the fever. Do not give aspirin to children with fever as it has been linked to Reye's Syndrome. The ill person should cover the cough with a tissue or his/her arm.
- 4. Give lots of fluids, nutritious food and ensure a smoke-free environment** - This all helps the body recover.
- 5. Keep the sick person's things separate** - Each sick person should have their own personal items that are kept separate from the belongings of others in the house. Keep common surfaces clean and disinfected using household disinfectant products.
- 6. Stay alert for complications** – Monitor the flu symptoms and be aware of the signs of complications. Watch for rapid, short or difficulty breathing, bluish or grey skin color, bloody or coloured mucus/spit, sudden dizziness or confusion, severe or persistent vomiting, high fever lasting more than three days, or low blood pressure. In children watch to see *if they are not drinking enough fluids or eating, not waking up or interacting, or are irritable; not wanting to play or be held.* If any of these complications occur, seek medical attention immediately.

If the sick person has underlying conditions they may develop complications and may need to see a health care provider. Those that are pregnant or have chronic conditions and develop flu-like symptoms are encouraged to seek medical attention if feeling ill.

For more information about the H1N1 flu virus, prevention, symptoms or community flu assessment centres, please visit www.york.ca/H1N1 or call **Health Connection** at 1-800-361-5653.

