



## **MOOSE FACTORY HEALTH CENTRE – UPDATE #1 JANUARY 22<sup>nd</sup>, 2015**

As of January 22<sup>nd</sup>, 2015 we have one confirmed Influenza A virus lab results in Moose Factory and we are seeing an increase of many others exhibiting flu-like symptoms. The virus has not been isolated yet so we do not know what strain of Influenza A it is yet.

The very young, the elderly, pregnant women, and those with conditions like asthma and diabetes are at greater risk of contracting and developing complications from the flu. Please protect yourselves and your families as best as you can.

Voluntary isolation is expected by all confirmed and suspected cases. No visitors with the following symptoms should visit at the hospital.

The symptoms of Influenza are as follows: Cough, Fever, Body Aches and/or Headache, Chills, Extreme Fatigue, Sore Throat, Runny or Stuffy Nose. Diarrhea, and/or Vomiting are more prominent in children with these other symptoms.

For the love and well-being of our families, especially our children, we all need to:

- Keep washing our hands frequently
- Cough and sneeze into our sleeves or kleenex
- Sanitize our hands in public places
- Stay home when you have flu-like symptoms
- Take your medication and vitamins as prescribed by your doctor.

Everyone should self-screen before coming to work. If you are symptomatic with at least two or more of the following symptoms please stay home and call in. If you are in need of care call a health care provider. Please put on a mask and wash your hands should you need to go to the hospital.

Follow the advice of your health care provider. You can also call Tele-health Ontario for advice (1-866-797-0000).

Thank you for your cooperation. Take care of yourself.

Christina Linklater – Community Health Nurse – Moose Factory Health Centre