



Moose Cree First Nation

MOOSE FACTORY HEALTH CENTRE INFLUENZA UPDATE #2 FEB 11/14



As of February 10th, 2014 we have two confirmed Influenza A virus lab results in Moose Factory and many others exhibiting flu-like symptoms. The virus has not been isolated yet so we do not know what type of Influenza A it is yet. If it is H1N1 and you have had your regular influenza vaccine this year you are considered to be protected. If you still get the flu, it will be less severe than others who have not had their immunization as it is covered in this year's vaccine. A limited amount of vaccine is still available.

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 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, Fatigue, Sore Throat, Runny or Stuffy Nose, Diarrhea, and/or Vomiting.

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

- Keep washing our hands frequently
- Cough and sneeze in to 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 Telehealth Ontario for advice (1-866-797-0000). Thank you for your cooperation. Take care of yourself.