



MOOSE FACTORY HEALTH CENTRE – UPDATE #2 – JANUARY 9, 2018

As of January 9th, 2018 we have six confirmed Influenza A positive cases in Moose Factory and many others who have not been swabbed but are exhibiting flu-like symptoms. It is the H3N2 virus which has shown to be affecting many people throughout Canada at this time and symptoms are quite severe. The virus circulating here has been identified as H1N1-like. If you have had your regular influenza vaccine this year you are considered to be approximately 30% protected. If you still get the flu, likely, your symptoms will be less severe and won't last as long as others who have not had their immunization. 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.

If you have been diagnosed with or think you have Influenza: Try to avoid contact with the rest of the family by using a separate bedroom and bathroom, if possible. If the bathroom must be shared, make sure you have your own towel.

Cough into a tissue or your sleeve. Throw tissues away immediately.

Wash hands frequently using soap and water or an alcohol-based hand rub.

Don't share anything that goes in your mouth like utensils, drinking glasses and toothbrushes.

Don't have visitors in the house.

If you need to leave the house for a medical appointment, or need to spend time within 6 feet of other people, wear a surgical mask. These can be purchased at pharmacies, or hardware stores.

Self-isolate for 7 days at onset of your symptoms. Avoid the use of aspirin and aspirin-containing products for children and teenagers.

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.