



Moose Cree First Nation

UPDATE FROM MOOSE FACTORY HEALTH CENTRE

Influenza

As of this week we do not have any confirmed influenza A in the Moose Factory Zone however we are seeing many people exhibiting MILD flu like symptoms. The strain that is shown to be affecting many Canadians is the H1N1 virus and it is severe for some. If you are one of the 500 people who had their flu shot this year you are considered to be protected. If you still get the flu despite vaccination, it will be less severe than others who have not had their immunization as it is covered in this year's vaccine. Vaccine is still available.



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 – mostly in children).

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.

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

- Keep washing our hands frequently
- Cough and sneeze in to our sleeves or tissue
- Sanitize our hands in public places
- Stay home when we have flu-like symptoms
- Take our medication and vitamin D as prescribed by our doctor.

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 in to 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 at (1-866-797-0000). Thank you for your cooperation. Take care.

**Christina Linklater, Community Health Coordinator
Moose Factory Health Centre**