



**Northwestern
Health Unit**

www.nwhu.on.ca

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Influenza Update

Ontario continues to see more cases of the H1N1 influenza virus. Of over 2600 laboratory confirmed cases in Ontario, 41 have been identified in the Northwestern Health Unit catchment area.

The best defense against influenza remains:

- Washing your hands often
- Sneezing and coughing in your sleeve
- Avoiding touching your eyes, nose or mouth
- And if you get sick with the flu, stay home and limit contact with others.

If you become ill with flu-like symptoms, including: fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, contact your health care provider or call TeleHealth Ontario at 1-866-797-0000.

The Northwestern Health Unit is working with the Ministry of Health and Long-Term Care, the Public Health Agency of Canada, the First Nation and Inuit Health Branch and Health Canada and will continue to monitor cases in our area and communicate information to the public, health professionals, and the media.

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