

H1N1 Flu Virus

County of Lambton
Community Health Services Department

Public Health Update

- Issue #7 -

July 2, 2009 (4:00 p.m.)

CURRENT SITUATION

The County of Lambton Community Health Services Department has received lab confirmation today of the **first case of H1N1 flu virus in a Lambton County resident.**

Dr. Chris Greensmith, Lambton County's Medical Officer of Health says, "The 25 year-old male received treatment in hospital and is currently recovering at home."

"Lambton's first lab-confirmed case of H1N1 flu virus will increase the public's awareness but still comes with the same message," says Vicki Hawksworth, Supervisor, Environmental Health & Prevention Services. "People need to continue infection prevention and control practices to prevent the spread of the virus."

This includes steps such as hand washing practices, cough and sneeze etiquette, staying home if you feel sick, and frequently cleaning shared surfaces.

The Community Health Services Department continues to work closely with the Ministry of Health and Long-Term Care and Public Health Agency of Canada to monitor and investigate cases of H1N1 flu.

If the virus were to increase in severity, additional measures would be undertaken in accordance with the Lambton County Pandemic Influenza Plan and Ontario Health Plan for an Influenza Pandemic.

PERSONAL PROTECTION (Prevent the spread of the virus)

Protect yourself and those around you by following a few simple steps to avoid the flu and to prevent the spread of infection:

- Wash your hands often using soap and water or an alcohol-based hand sanitizer
- Avoid touching your face as much as possible
- Cough and sneeze into your sleeve or tissue rather than your hands. Throw out used tissues right away and wash your hands
- Avoid sharing objects that have been in other people's mouths
- Stay home if you feel sick, unless directed to seek medical care
- Frequently clean commonly touched surfaces such as keyboards, doorknobs, countertops, etc.

Free resources are available to help **promote** good infection control and **prevent** the spread of the virus at *work*, *home*, and in our *community*. Visit the Community Health Services Department website at www.lambtonhealth.on.ca (H1N1 web button) and download hand washing signs, cough and sneeze etiquette posters and videos, and fact sheets.

NEW GUIDELINES

The Ministry of Health and Long-Term Care (MOHLTC) recently issued guidelines for all **day camps**, **overnight camps** and **special needs camps** in Ontario. The guidelines identify the need for increased surveillance, make recommendations to reduce the spread of the virus through infection prevention and control practices, and provide recommendations for the management of individuals with Influenza-like illness in campers or staff.

Summer camp coordinators can access the guidelines in several ways:

- Download the provincial guidelines posted on the MOHLTC website at http://www.health.gov.on.ca/english/public/updates/archives/hu_09/provider/default.html
- Call the Communicable Diseases Team at 519 383-8331 ext. 3590, 3504.

QUICK FACTS

- Symptoms of the H1N1 flu virus are similar to seasonal influenza (flu) including, chills and cough followed by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation. Nausea, vomiting and diarrhea may occur in adults as well as in children. In more severe cases, or in people with chronic conditions, complications such as pneumonia may develop.
- People who have symptoms of respiratory illness should contact their health care provider or call Telehealth Ontario at 1-866-797-0000.
- For general information on the new H1N1 flu virus, call the ServiceOntario INFOLine at 1-800-476-9708 or visit www.lambtonhealth.on.ca.

PANDEMIC ALERT STATUS

The World Health Organization (WHO) **Pandemic Alert Status Level** remains at **Phase 6**.
http://www.who.int/csr/disease/avian_influenza/phase/en/

MOHLTC - Emergency Management Unit indicates the **Provincial Alert Status** remains at **Enhanced**.
http://www.health.gov.on.ca/english/public/updates/archives/hu_09/prov_status.html

CONTACTS

Media Inquiries:

Vicki Hawksworth
Supervisor,
Community Health Services Department
519 383-8331 ext. 3503

Swine Flu Information:

Communicable Diseases Team,
Community Health Services Department
519 383-8331 ext. 3589/3554
- or -
ServiceOntario INFOLine:
1-800-476-9708

Information provided by:



COMMUNITY HEALTH SERVICES DEPARTMENT

Environmental Health & Prevention Services

160 Exmouth Street
Point Edward, Ontario N7T 7Z6
Telephone: 519 383-8331
Toll free: 1-800-667-1839
Fax: 519 383-7092
www.lambtonhealth.on.ca