Burntwood
Regional Health Authority

The Burntwood Regional Health Authority encourages residents within the Burntwood Region to receive the Pandemic H1N1 and Seasonal Flu vaccines.

To make an appointment to receive your vaccinations, please call the BRHA's Public Health Team at 677-5350.

Additional measures to help prevent flu infections:

- **Cover your cough by coughing into your elbow or sleeve or use a tissue to cover your nose and mouth when coughing or sneezing. Place the tissue in the garbage.**
- **Wash your hands often with soap and water, especially after coughing or sneezing. Hand sanitizers may also be effective.**
- **Reduce the spread of germs. Limit touching your eyes, nose or mouth.**
- **Maintain your health by making healthy food choices, being physically active and getting enough sleep.**

People are reminded to watch for signs of severe illness. If you or a family member has any of the following symptoms, go directly to an emergency room, nursing station or health-care provider:

- **shortness of breath or difficulty breathing,**
- **severe or worsening symptoms,**
- **dehydration,**
- **drowsiness or confusion,**
- **fever in an infant under three months old, or**
- **any signs of serious illness in a child under five years of age.**

People are encouraged to contact their nearest health-care provider or visit the nearest health-care centre if they have flu symptoms and risks for severe illness or are concerned they may need care, especially if symptoms are severe or worsening. Early treatment (within 24 to 48 hours) may be very important.