



Burntwood
Regional Health Authority
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H1N1 Flu Virus Staff Update

For Immediate Release:
Contact:

June 10, 2009
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H1N1 Flu Bulletin #19

Manitoba Government Press Release – Manitoba Health and Healthy Living is reporting 16 additional confirmed cases of H1N1 flu. This brings the Manitoba total to 56 reported laboratory-confirmed cases. Manitoba Public Health is currently following up on these latest cases.

The influenza outbreak is province wide and more cases are expected in communities across Manitoba. Most Manitobans who become ill are experiencing relatively mild cases of influenza illness and have not required hospitalization. Manitoba has experienced an increased concentration of patients with severe respiratory illness admitted to intensive care units, which is higher in number than previous influenza outbreaks.

If you're sick with a respiratory illness and you need medical care, your health-care provider will treat you and assess whether you need testing. Testing for viruses does not change the treatment of a viral respiratory illness.

Doctors and health-care providers are expected to make flu treatment decisions without influenza test results as they have been trained to diagnose influenza and other viral illnesses. They also have current guidelines for practice in this situation.

Manitoba is fully responding to the H1N1 situation across the system including:

- In Winnipeg, hospital visitors are asked to restrict their visits to patients in hospital and follow existing guidelines in order to protect both patients and visitors from the spread of infection.
- The provincial government is coordinating a centralized dispatch of air ambulances to help better oversee air ambulance traffic and steps are being taken to ensure incoming patients are processed quickly once they arrive in a receiving community such as Winnipeg. The number of air ambulance calls is within the normal range for this time of year.
- The provincial government has provided surgical masks, N95 respirators and anti-virals to assist the federal government in northern Manitoba. Additional personal protective equipment such as gloves and gowns will also be made available as requested by the federal government.
- The provincial government has already provided additional doctors through the Northern Medical Unit.

In order to limit the spread of disease, the following precautions are recommended:

- Cover a cough or sneeze by coughing or sneezing into your elbow or sleeve or using a tissue to cover your nose and mouth.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Limit touching of your eyes, nose or mouth.

To reduce the severity of the disease, it is important to maintain the strength of your immune system by taking care of yourself and those in your care, including eating a healthy, balanced diet, being active and getting enough sleep. If you or someone in your care has a chronic condition, get the help needed for effective care from your health-care provider. In addition to the above, if you have symptoms of flu-like illness such as fever, cough, aches and tiredness, you are most contagious for three to four days, but it is possible to spread the disease for up to a week once your symptoms start to appear. You should:

- Stay home from school or work while you are ill and limit contact with others to reduce the chance of spreading the virus.
- Contact your health-care provider or Health Links–Info Santé at 788-8200 or 1-888-315-9257 (toll-free) if you are concerned that you need advice or care.
- For more information about H1N1 flu, see www.manitoba.ca

SUMMARY OF ALL CONFIRMED H1N1 CASES IN MANITOBA AS OF JUNE 10

| RHA (Patient's residence) | Total |
|------------------------------|-----------|
| Assiniboine | |
| Brandon | 6 |
| Burntwood/Churchill | 10 |
| Central | |
| Interlake | |
| Nor-Man | 4 |
| North Eastman | 1 |
| Parkland | |
| South Eastman | |
| Winnipeg | 34 |
| Total | 56 |