



Burntwood
Regional Health Authority
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H1N1 Flu Virus Staff Update

For Immediate Release:
Contact:

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H1N1 Flu Bulletin #20

Manitoba Government Press Release – The World Health Organization's decision to go to pandemic level six has not changed Manitoba's current response to H1N1 flu. The amount and severity of disease in Manitoba will continue to guide the public health response.

Manitoba Health and Healthy Living is reporting 22 new confirmed cases of H1N1 flu, bringing the Manitoba total to 78 reported laboratory-confirmed cases. In the past 24 hours, there has been one additional patient admitted to an intensive-care unit in Manitoba.

All Manitobans are at risk for exposure to the virus and the possibility of severe illness has been highest for Aboriginal people and others with pre-existing health and living conditions. In Manitoba, there has been no public health reason to close schools, community centres or other public gathering places or to avoid travel to any community. There is also no public health reason to exclude people from any public setting based on their ethnic background or home community. The same basic precautions are still the best defense against H1N1 influenza, no matter where you are or who you are with.

Manitoba continues to offer assistance in providing additional supplies for First Nations communities in the province. Manitoba Health and Healthy Living will also work with regional health authorities to conduct an on-site assessment in First Nations communities to ensure requirements are being met now and in the future.

The provincial government has already distributed surgical masks, N95 respirators and anti-virals to meet the needs of First Nations peoples in Manitoba. Manitoba is also working to respond to assist the federal government in providing more doctors and nurses in First Nations communities experiencing influenza outbreaks. There has already been additional physician coverage being provided in northern Manitoba. A meeting is being held today with various physicians' and nurses' and other health-care organizations to provide appropriate levels of health care in First Nations communities. Central co-ordination of the air ambulance system has improved air ambulance traffic flows. The number of air ambulance calls is generally normal for this time of year.

The influenza outbreak is provincewide and more cases are expected in communities across Manitoba. Most Manitobans who have become ill have experienced relatively less-serious cases of influenza illness and have not required hospitalization.

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 unnecessary contact with others.
- Contact your health-care provider or visit your nearest health-care centre if you are concerned that you need advice or care or especially if your symptoms are severe or worsening (i.e. shortness of breath, dehydration, worsening fever, cough or weakness).
- You can also call Health Links–Info Santé at 788-8200 or 1-888-315-9257 (toll-free) if you need personal advice on self care or when to seek further care.

Manitobans should continue to take the following precautions:

- 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. Hand sanitizers are also effective.
- Limit touching of your eyes, nose or mouth.
- Take steps to maintain your health by taking care of yourself and those in your care including eating a healthy, balanced diet, avoiding cigarette smoke and other harmful substances, being active and getting enough rest and sleep. If you or someone in your care has a chronic condition, get the help needed for effective care from your health-care provider.

For more information about H1N1 flu, see www.manitoba.ca.

SUMMARY OF ALL CONFIRMED H1N1 CASES IN MANITOBA AS OF JUNE 11.

RHA (Patient's residence)	Total
Assiniboine	
Brandon	6
Burntwood/Churchill	26
Central	
Interlake	
Nor-Man	5
North Eastman	1
Parkland	1
South Eastman	1
Winnipeg	38
Total	78