

- 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, you can also 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 12

RHA (Patient's residence)	Total
Assiniboine	
Brandon	7
Burntwood/Churchill	47
Central	
Interlake	2
NOR-MAN	10
North Eastman	2
Parkland	1
South Eastman	1
Winnipeg	49
Total	119

Please note one case reported yesterday was not a Manitoba resident, therefore, on June 11 the accurate number was 77 cases.