

dehydration, worsening fever, cough or weakness). It's important to seek prompt care if you are concerned you need it as early intervention is important in treating severe influenza-like illness.

- Stay home from school or work while you are ill and limit unnecessary contact with others
- 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, 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.