



Burntwood
Regional Health Authority
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H1N1 Flu Virus Staff Update

For Immediate Release:
Contact:

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H1N1 Flu Bulletin #16

Manitoba Government Press Release – Manitoba Health and Healthy Living is reporting 27 new confirmed H1N1 cases in people between the ages of one month and 56 years, bringing the provincial total to 38 cases in six regions across Manitoba. Of the new cases, three patients have been hospitalized. Thirteen of the new confirmed cases were in males and 14 in females. The three new confirmed cases in the Burntwood region are from two First Nation communities.

RHA (Patient's residence)	Not hospitalized	Hospitalized	Unknown	Total
Assiniboine	-	-	-	-
Brandon	4		1	5
Burntwood	1	2		3
Central	-	-	-	-
Churchill	-	-	-	-
Interlake	-	-	-	-
Nor-Man	3			3
North Eastman	-	-	-	
Parkland	1			1
South Eastman	1			1
Winnipeg	12	4	9	25
Total	22	6	10	38

Age group (in years)	Cases reported
0 to nine	11
10 to 19	6
20 to 29	7
30 to 39	4
40 to 49	7
50 to 59	3
Total	38

The H1N1 flu virus is present in Manitoba and more cases of H1N1 flu are expected to be detected. As with any influenza type, most cases are expected to be mild and result in a full recovery, although some cases may be severe. Other viruses that cause respiratory illness continue to circulate in the province and the routine precautionary measures like hand-washing remain the same. The health-care system in Winnipeg and in other areas of the province has contingency plans to adapt to an increased number of people showing symptoms of respiratory illnesses.

Severe illness from flu-like symptoms may be more likely to develop in people who are very young or elderly, or people with chronic diseases. Promoting healthy living and following routine precautionary measures can help reduce the spread of disease.

- 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.
- 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.

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.
- Limit touching of eyes, nose or mouth. Cough or sneeze into your elbow or sleeve or use a tissue, and wash your hands frequently.

- Contact your health-care provider or Health Links–Info Santé at 788-8200 or 1-888-315-9257 (toll-free) if you need advice or care.
- For more information about H1N1 flu, see www.manitoba.ca.