



Burntwood
Regional Health Authority
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H1N1 Flu Virus Staff Update

For Immediate Release:
Contact:

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H1N1 Flu Bulletin #17

Manitoba Government Press Release – Manitoba Health and Healthy Living is reporting two new confirmed H1N1 cases, bringing the provincial total to 40 cases in six regions across Manitoba. The new cases are in a male from the Winnipeg health region who has not been hospitalized and a male from a First Nation community in the Burntwood health region.

Health-care response on First Nation communities is led by First Nation and Inuit Health (FNIH) of Health Canada. Manitoba offered assistance to FNIH and First Nation communities and has provided:

- three additional doctors for a First Nation community,
- 45 courses of antiviral treatments, and
- 10,000 surgical and 2,600 N95 masks.

Manitoba will continue to offer assistance to FNIH as needed.

If you're sick with a respiratory illness and you need medical care, your health-care provider will assess whether you need testing or treatment. Testing for viruses does not change the treatment of a viral respiratory illness. Doctors and health-care providers make decisions all the time before test results are available because they know how to treat influenza and other viral illnesses.

H1N1 is present in six regions in the province, so every Manitoban should assume that the virus is present across the province. All Manitobans need to take the same precautions, no matter where they live, work or visit.

Summary of all confirmed H1N1 cases in Manitoba

RHA (Patient's residence)	Not hospitalized	Hospitalized	Unknown	Total
Assiniboine				
Brandon	4		1	5
Burntwood	1	2	1	4
Central				
Churchill				
Interlake				
NOR-MAN	3			3
North Eastman				
Parkland	1			1

South Eastman	1			1
Winnipeg	13	4	9	26
Total	23	6	11	40

Age group	Cases reported
0-9	11
10-19	6
20-29	8
30-39	4
40-49	7
50-59	3
60-69	1
Total	40

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. 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 your 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