



Burntwood
Regional Health Authority
ᑭᑭᑭᑭᑭᑭ ᑭᑭᑭᑭᑭᑭ



H1N1 Flu Virus Staff Update

For Immediate Release:
Contact:

June 8, 2009
Blake Ellis, Communications Coordinator
204-677-5359

H1N1 Flu Bulletin #18

Manitoba Government Press Release – Manitoba Health and Healthy Living is reporting a surge in the number of people requiring intensive care for influenza-like illnesses. The influenza outbreak is province-wide and it is expected there will be cases in communities across Manitoba. Most Manitobans who become ill are experiencing relatively mild cases of influenza illness and have not required hospitalization. Manitoba has experienced an increased concentration of severe respiratory illness admitted to the intensive-care units, which is higher in number than previous influenza outbreaks. The majority of the cases are in people of Aboriginal descent.

The Public Health Agency of Canada has provided three epidemiologists to Manitoba to assist in assessing Manitoba's cases of influenza-like illness. The Winnipeg Regional Health Authority (WRHA) is taking steps to provide enough support in intensive-care units (ICUs) and prioritizing patients for personal-care home beds. There are also 15 additional ventilators that have arrived and will be put to use as needed. The WRHA may also defer non-urgent surgical procedures that would normally require ICU care.

To date, Manitoba has 40 confirmed cases of H1N1 from six health regions. In order to limit the spread of disease, the following precautions are recommended:

- 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.
- Limit touching of your eyes, nose or mouth.
- To reduce the severity of the disease, it is important to 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.

In addition to the above, 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.
- Contact your health-care provider or Health Links–Info Santé at 788-8200 or 1-888-315-9257 (toll-free) if you are concerned that you need advice or care.

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