Burntwood
Regional Health Authority

Roll up your sleeve and fight Pandemic H1N1

The Pandemic H1N1 flu virus is still circulating in Manitoba and Manitobans are still getting sick from the H1N1 flu. More than 370 Manitobans have been hospitalized with lab-confirmed H1N1 flu and more than 60 of them were admitted to an intensive care unit. Eleven Manitobans have died due to lab-confirmed Pandemic H1N1 infection. Most of them were under the age of 55.

Everyone is at risk of catching the Pandemic H1N1 flu virus. This includes healthy young adults. Even if you are healthy and never become ill, you can carry the flu virus in your body and infect others.

Getting the Pandemic H1N1 and seasonal flu vaccines are the best way to protect yourself from the flu and to prevent the spread of the flu virus. Over half of all Manitobans have not yet received their H1N1 flu shots. Getting the vaccine, not only protects yourself, but those who come in contact with you, your family friends and co-workers

The Burntwood Regional Health Authority encourages all residents to get the Pandemic H1N1 vaccine. It is hoped by increasing the numbers of those who have been vaccinated will lessen the impact of the pandemic and a possible third wave of the Pandemic H1N1 flu virus. Regardless whether the flu activity in your community is high or low, getting the vaccine is still necessary in order to reduce the risk of serious illness and death.

The H1N1 vaccine is considered very safe. Careful research and strict testing into the safety of any vaccine, including the Pandemic H1N1 vaccine, was done prior to its widespread use in Canada.

Vaccines can have side effects but they are usually mild. It is important to remember that the risks of serious side effects from the flu that may result in hospitalization are far greater than the risk of a serious reaction to the flu vaccine. So far, of the more than 440,000 Manitobans who have had their Pandemic H1N1 shot, 16 have had a serious side effect.

There is a great deal of information about vaccines available on the internet. It is important for people who are researching vaccines online to only trust information from credible sources. If anyone has any questions about the Pandemic H1N1 vaccine, you are encouraged to call the BRHA's Public Health Department at 677-5350, toll-free at 1-877-677-5353, the BRHA website at www.brha.mb.ca or the Manitoba government website at www.manitoba.ca.

Further flu vaccine clinics are being planned in the Burntwood Region in early 2010. Please watch the local media for dates and times. Those people who have not yet received the Pandemic H1N1 vaccine can call BRHA Public Health in any of our BRHA communities to make an appointment to receive the shot.

Gillam	652-2600	Ilford	288-4348
Leaf Rapids	473-2441	Lynn Lake	356-2474
Pikwitonei	458-2402	Thicket Portage	286-3254
Thompson	677-5350	Wabowden	689-2600

For more information on the BRHA, please visit www.brha.mb.ca.

Northern Health in Northern Hands