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For Immediate Release

More person-to-person transmission of H1N1 flu virus expected

Use of routine infection control measures will reduce spread of virus

NEWMARKET – The Regional Municipality of York advises residents that travel history to Mexico is no longer the primary factor for acquiring the H1N1 flu virus and more person-to-person transmission can be expected. York Region encourages residents to remain vigilant in practicing routine infection control measures in order to reduce the spread of influenza viruses in our community.

While all of the confirmed cases in York Region to date have been mild, York Region encourages ongoing use of the following routine infection control measures:

- Washing your hands well and often with soap and warm water; if soap and water are unavailable, use an alcohol-based hand sanitizer containing 60 to 90 per cent alcohol
- Covering your mouth and nose when you cough or sneeze; sneeze or cough into your sleeve or arm
- Contacting your family doctor and staying at home if you are ill
- Practicing social distancing (i.e. minimizing contact with family members and not going out in public while sick)
- Staying home from work or school until 24 hours after symptoms are resolved or up to seven days from when you became ill, whichever is shorter
- Cleaning and disinfecting of shared surfaces (counters, doorknobs, etc.)

Like seasonal influenza, H1N1 flu virus can be spread from person-to-person via the respiratory route. Coughs and sneezes release germs into the air where they can be breathed in by others in close contact. Sometimes people may also become infected by touching something with flu viruses on it (counters and doorknobs) and then touching their mouth or nose.

Symptoms of the H1N1 flu virus include headache, chills and cough followed by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation. Nausea, vomiting and diarrhea may occur in adults as well as in children.

Residents exhibiting flu-like symptoms of sufficient severity that require medical attention should contact their health care provider or call Telehealth Ontario 24 hours a day, seven days a week at 1-866-797-0000.

York Region public health will continue to participate with health units across the GTA, provincial and federal authorities in monitoring, investigating and responding to this situation. Daily updates, information and community resources are available at www.york.ca

For more information on this or any other public health-related program, please contact York Region *Health Connection* at 1-800-361-5653.

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