

MESSAGE TO ALL MANITOBANS

Please share this information and/or post at your location.

Manitoba has seen a growing number of cases of flu-like illness, including confirmed H1N1 flu. It is likely H1N1 is present across the province and in every community in Manitoba.

It is important to know that the majority of Manitobans who have become ill have not required hospitalization. Although there has been an increase in the number of people with severe respiratory illness, this has represented a small proportion of all the cases in Manitoba.

In Manitoba, there has been no public health reason to close schools, community centres or other public gathering places or to avoid travel to any community. There also has been no public health reason to exclude people from any public settings because of their ethnic background, job or home community.

The World Health Organization's decision to go to pandemic alert level six has not changed Manitoba's response to H1N1 flu. The same basic measures that have already been recommended and implemented are still the best defence against H1N1 flu, no matter where you are or who you are with.

If you have symptoms of a respiratory infection, you should:

- **Stay home from school or work** and limit unnecessary contact with others.
- **Contact your health-care provider** or visit your nearest health-care centre if you are concerned that you may need care – especially if your symptoms are severe or worsening (e.g. shortness of breath, dehydration, or worsening fever, cough or weakness).

Whether you have flu symptoms or not, you should:

- **Cover your cough** by coughing into your elbow or sleeve or use a tissue to cover your nose and mouth when coughing or sneezing.
- **Wash your hands** often with soap and water, especially after coughing or sneezing. Hand sanitizers are also effective.
- **Reduce the spread of germs** by limiting touching your eyes, nose or mouth and by washing your hands frequently.
- **Maintain your health** by taking care of yourself and those in your care including eating a healthy balanced diet, avoiding cigarette smoke and other harmful substances, being active and getting enough rest and sleep.

For personal advice on self-care or when to seek further care, Manitobans who cannot contact their primary health-care provider can phone Health Links–Info Santé at any time at **788-8200** or toll-free at **1-888-315-9257**.

For links to more information, visit the flu website at manitoba.ca.