

# H1N1 FLU

Slow the spread!

H1N1 & Athletes:  
Stick handling the flu!  
Dr. Kami Kandola  
Chief Public Health Officer

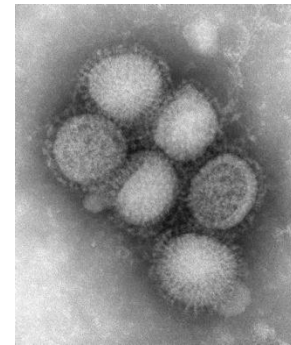
November 28, 2009

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## An outbreak unfolding....

- In early March 2009, people began falling sick in alarming numbers in parts of Mexico. Tests would later confirm that they were the first victims of a new strain of “swine flu” virus.



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## An outbreak unfolding....

- 25 April 2009: WHO director-general calls the flu problem "**a public health emergency of international concern**".
- 27 April 2009: **Canada reports six cases of swine flu.** In Mexico 26 cases are confirmed, with 7 deaths resulting. Estimates for the true number of deaths hover around 80.
- 29 April 2009: The WHO raises pandemic level alert to **Phase 5**: "a strong signal that a pandemic is

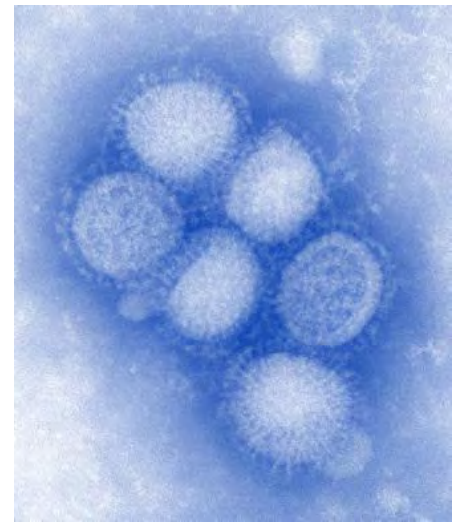


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## An outbreak unfolding....

- Within three months (June 11, 2009), the outbreak had spread enough for the World Health Organization to declare the world's **first flu pandemic in 41 years (Phase 6)**.
- People have no natural immunity to protect against this virus. And it is very contagious and spreads easily.



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- The virus enters your cells and multiplies, then is released from the cell by a budding process, to be spread throughout the body.



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## H1N1 in the NWT

- NWT is experiencing the second wave of H1N1 flu activity. However, we have reached our peak. Flu activity is now declining.
- Active cases have been identified in 26 of the 33 NWT communities. H1N1 is the only influenza strain circulating in NWT communities at this time.

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## H1N1 in the NWT

- The majority of people suffering with the flu in the NWT are experiencing mild to moderate symptoms and have been recovering on their own.
- There have been a total of 50 lab-confirmed H1N1 hospitalizations to date of which 6 were admitted to ICU.
- Last week, the first H1N1-related death occurred in an individual with chronic medical conditions.

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## H1N1 Vaccination in the NWT

- Over 25,000 NWT residents, or 58% of the NWT's population, have received the H1N1 vaccine to date. We can attribute the current decline in flu activity to rapid uptake of H1N1 vaccine in the NWT.
- Approximately 75% vaccine coverage is our target goal to optimally combat the spread of H1N1 in our communities.
- However, local public health clinics and community health centres will continue to offer the vaccine for the next few weeks. The most up-to-date schedule is available on the Health and Social Services website.

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## What can sport organizers do to help prevent participants, coordinators, and chaperones from getting sick?

- Keep additional tissue supplies and waste receptacles at the venue.
- To prevent the spread of influenza virus it is important to keep surfaces in the venue clean (especially surfaces in the bathroom, high traffic areas) by wiping them down with a household disinfectant.



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## What can sport organizers do to help prevent participants, coordinators, and chaperones from getting sick?

- Have all coordinators, chaperones and organizers on alert to recognize flu symptoms and isolate anyone with flu symptoms; arrange to have parents/guardians pick-up sick participants as quickly as possible.
- Get any organizers, chaperones, or coordinators who are ill to go home, and if that is not possible, ensure they self-isolate.

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## What can sport organizers do to help prevent participants, coordinators, and chaperones from getting sick?

- If you have out-of-town participants, have a room with a cot available in case somebody gets sick and needs to be isolated.
- Advise all participants, organizers, coordinators, chaperones and families that sick people must stay at home until at least 24 hours after they no longer have flu



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## What can sport organizers do to help prevent participants, coordinators, and chaperones from getting sick?

- Ensure that there are adequate **hand-washing stations** and **hand sanitizers** for event participants.
- Signage to remind people of the proper **hand-washing technique**.
- Encourage good hygiene by providing all organizers, participants, and chaperones with **educational material** (i.e. posters or brochures) and reminders about covering coughs and sneezes; washing hands with soap and water; and not sharing drinks, food or chapstick.

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You can get materials from the Health and Social Services website:

[www.hlthss.gov.nt.ca](http://www.hlthss.gov.nt.ca)

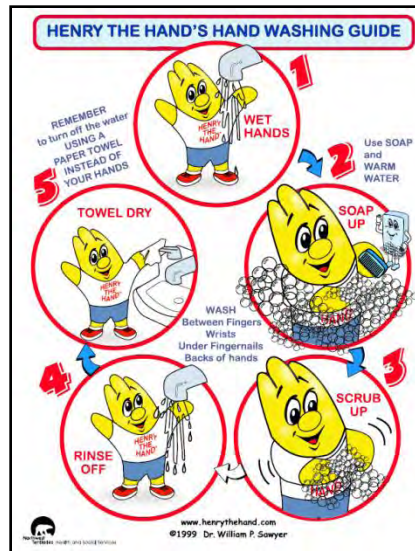


**wash your hands!**

**Prevention** is the best defence against germs

- Use soap and warm water
- Scrub your hands very well
- Wash between your fingers, wrists, under fingernails, back of hands
- Rinse well
- Dry your hands with a paper towel
- Remember to turn off the water using a paper towel instead of your nice clean hands!

Northwest Territories Health and Social Services  
If you would like this information in another official language, contact us at (867) 320-3367  
Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au (867) 320-3367



**HENRY THE HAND'S HAND WASHING GUIDE**

- 1 WET HANDS**  
REMEMBER to turn off the water USING A PAPER TOWEL INSTEAD OF YOUR HANDS
- 2 SOAP UP**  
Use SOAP and WARM WATER
- 3 SCRUB UP**  
WASH Between Fingers, Wrists, Under Fingernails, Backs of hands
- 4 RINSE OFF**
- 5 TOWEL DRY**

www.henrythehand.com  
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**Prevent the Flu!**

**Knowledge** is your best defence!

- Wash your hands often and thoroughly in warm, soapy water or use a hand sanitizer
- Cough and sneeze in your arm, not your hand
- Keep common surfaces and items clean and disinfected
- Stay home if you're sick!

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**Health Line**  
1-888-255-1010  
TDD/TTY 488-850-8211

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## The Issue:

- Athletes spend a lot of time together as a team; they travel together, and often have a tight proximity.
- Symptoms can last up to 7 days. This is a concern for athletes since they can be out for a significant period of time, missing training/practices and competitions.



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## How can sport participants protect themselves and others from Influenza?

Learn how to recognize influenza like illness:

- Fever and cough, and one or more of: sore throat, muscle aches, joint pain, or weakness.
- Vomiting/diarrhea may be present and fever may not be prominent.

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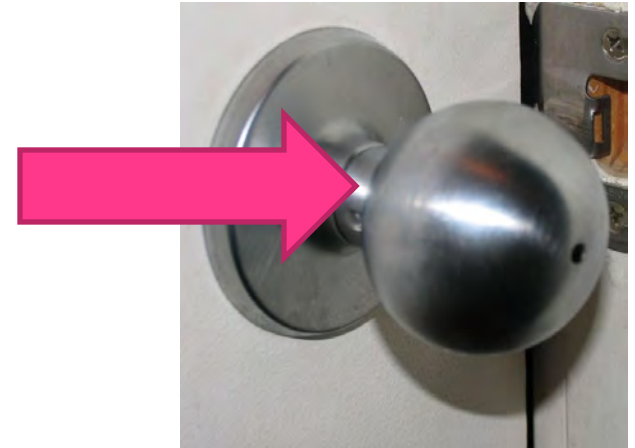
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## How can sport participants protect themselves and others from Influenza?

### Learn how illness is spread:

- Directly from person to person through coughing or sneezing.
- Indirect from touching contaminated surfaces and objects and then touching the eyes/nose/mouth.

The virus survives 2 to 8 hours outside of the body



The virus survives on hands for up to 5 minutes



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## How can sport participants protect themselves and others from Influenza?

### Learn when and how to wash hands:

- Before & after eating
- After sneezing & coughing
- After recreation
- After washroom use



**\*Wash hands often with soap and water, or use hand sanitizer!**

**\*Carry hand sanitizer with you in case you don't have access to soap and water.**

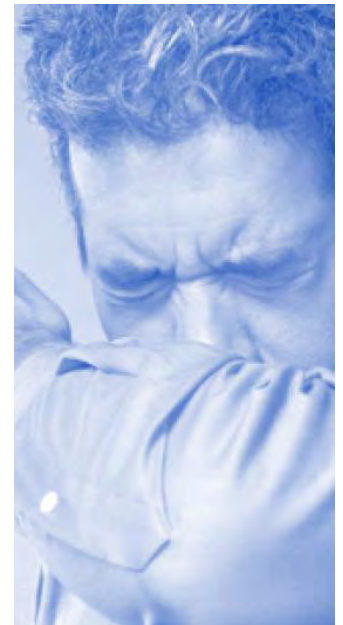
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## How can sport participants protect themselves and others from Influenza?

### Learn good cough/sneeze etiquette:

- Cough or sneeze into a tissue and throw the tissue in the garbage immediately.
- If no tissue is available, cover your mouth and nose with your arm or sleeve—but not your hands. This will prevent you from contaminating any surfaces you touch after you cough or sneeze.



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*Fist bumping?*

- Banning shaking hands after the game is not necessary!
- However, all participants should be encouraged to wash their hands after each game, and to avoid touching their mouth, nose and eyes to avoid spreading germs.

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## How can sport participants protect themselves and others from Influenza?

- DO NOT share water bottles, even with members of your own team. Regularly wash your water bottle with soap and warm water – rinse well.
- DO NOT share personal items such as pillows, headphones, towels, toiletries, personal equipment, chapstick etc.



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## How can sport participants protect themselves and others from Influenza?

- Keep your uniforms clean and let your uniform and equipment dry out as best as possible.
- Make sure you are eating properly and getting enough sleep. Keep yourself strong.



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## How can sport participants protect themselves and others from Influenza?

- If you are experiencing symptoms such as shortness of breath, sore throat, fever, cough, muscle pain, and weakness avoid sports participation and **let someone know** (i.e. physician, coach, etc).



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## How can sport participants protect themselves and others from Influenza?

- Avoid travel if experiencing symptoms. Stay home until symptom free to prevent spread to others.



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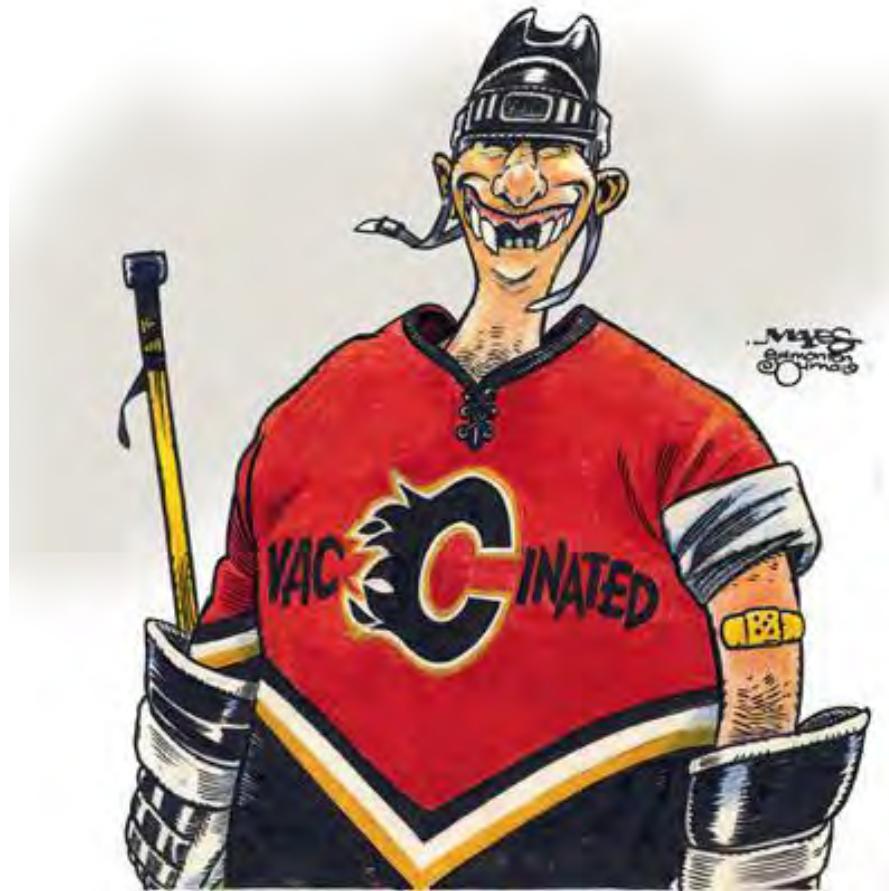
## How can sport participants protect themselves and others from Influenza?

- Get vaccinated for both H1N1 AND Seasonal Flu to prevent getting ill.



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## SUMMARY

- Good nutrition and rest are essential to staying healthy.
- Getting the H1N1 and the seasonal flu vaccine can prevent you from getting sick.
- Wash your hands often, and practice good cough etiquette.
- Stay home if sick!

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## Stay Informed!

Use our toll free lines (before going to Emergency or Clinic)

H1N1 Flu Information line at 1-888-920-3026



<http://www.hlthss.gov.nt.ca>