

# H1N1 FLU

Slow the spread!

## H1N1 & the NWT

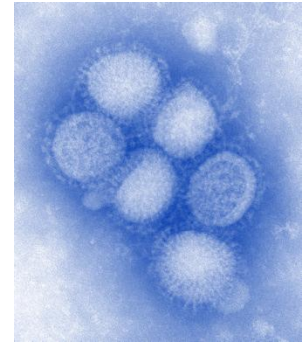
Dr. Kami Kandola  
Chief Public Health Officer  
October 20, 2009



# H1N1 FLU

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## What is H1N1?



- H1N1 flu virus is also known as “swine flu”
- Respiratory illness caused by a new type of influenza virus.
- The virus was first reported in April 2009.
- It is very contagious and spreads easily.
- People have no natural immunity to protect against this virus.
- People can be infectious up to 7 days.

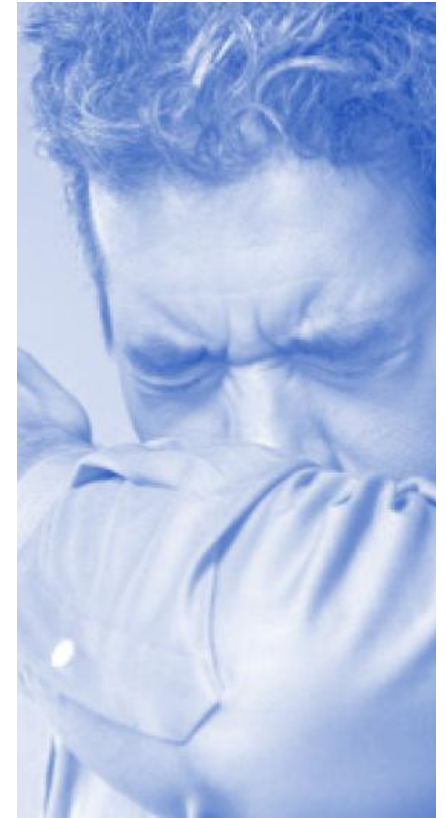
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## How is it Spread?

H1N1 flu spreads just like seasonal flu:

- Person-to-person through coughing and sneezing.
- Contact with contaminated surfaces such as handles, doorknobs, counters and telephones.
- The virus survives on hands for up to 5 minutes and for 2 to 8 hours outside of the body.



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## Symptoms

The H1N1 flu virus causes symptoms similar to seasonal flu. Key signs and symptoms include:

- Fever (38 C)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Fatigue
- Diarrhea or vomiting

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## H1N1 in the NWT

As of **October 17, 2009**:

- 22 hospitalizations.
- 2 cases of severe respiratory illness.
- No deaths associated with this virus.
- Spread to 25/33 communities.

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## NWT Hospitalizations

Gender	Percent
Female	68%
Male	32%

Ethnicity	Percent
Dene	55%
Inuit/Inuvialuit	14%
Métis	5%
Non-Aboriginal	27%

N = 22

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## NWT Hospitalizations

High Risk factor	Percent
Yes	73%
No	23%
Unknown	5%

Age Group	Percent
0-4	23%
5-12	5%
13-24	23%
25-44	23%
45-64	23%
65+	5%
Total	

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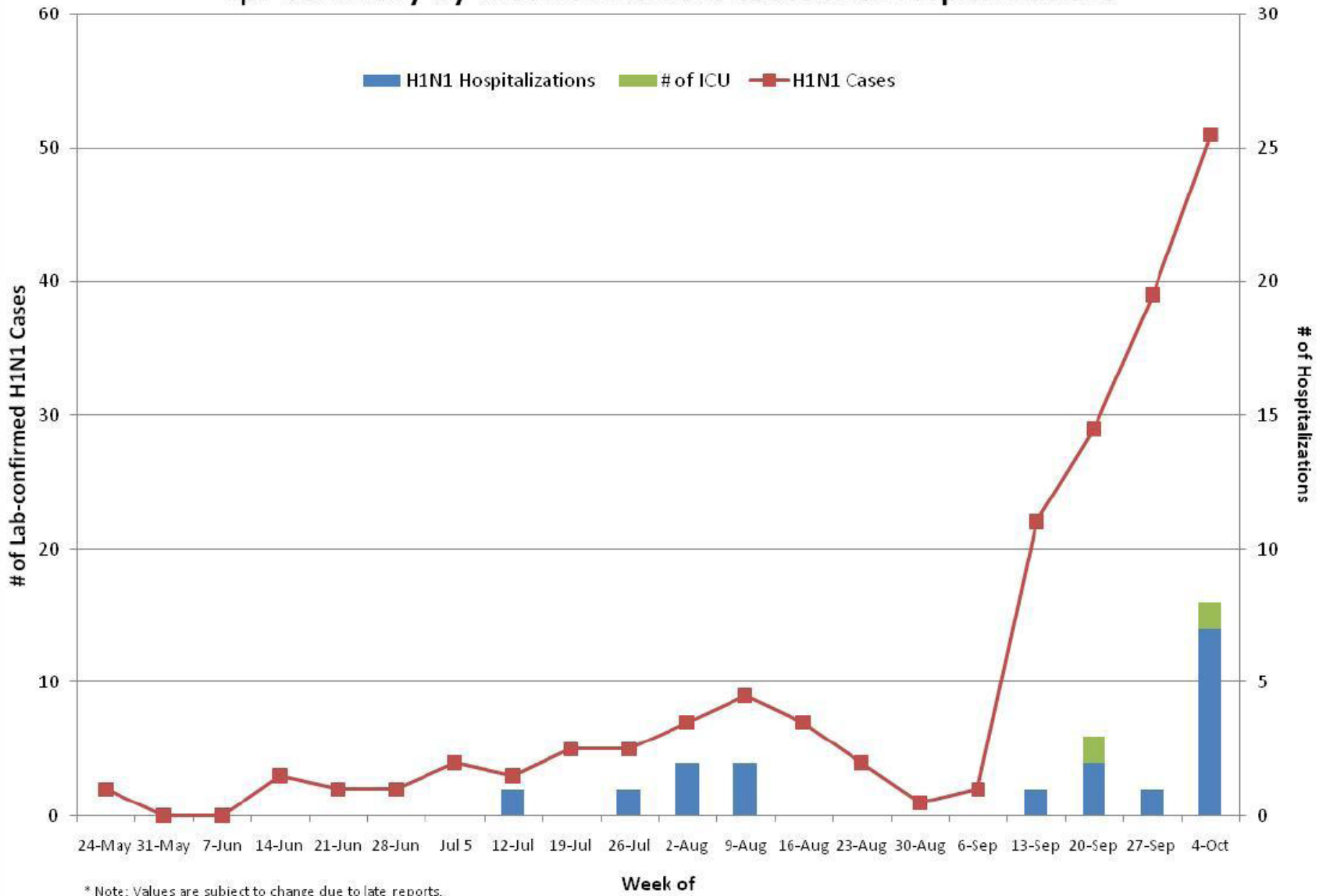
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## NWT Hospitalizations

Region	# hospitalized
Tlicho Community Services Agency	27%
South (Deh Cho, Fort Smith, Hay River)	5%
North (Beaufort-Delta, Sahtu)	18%
Yellowknife Health & Social Services	50%

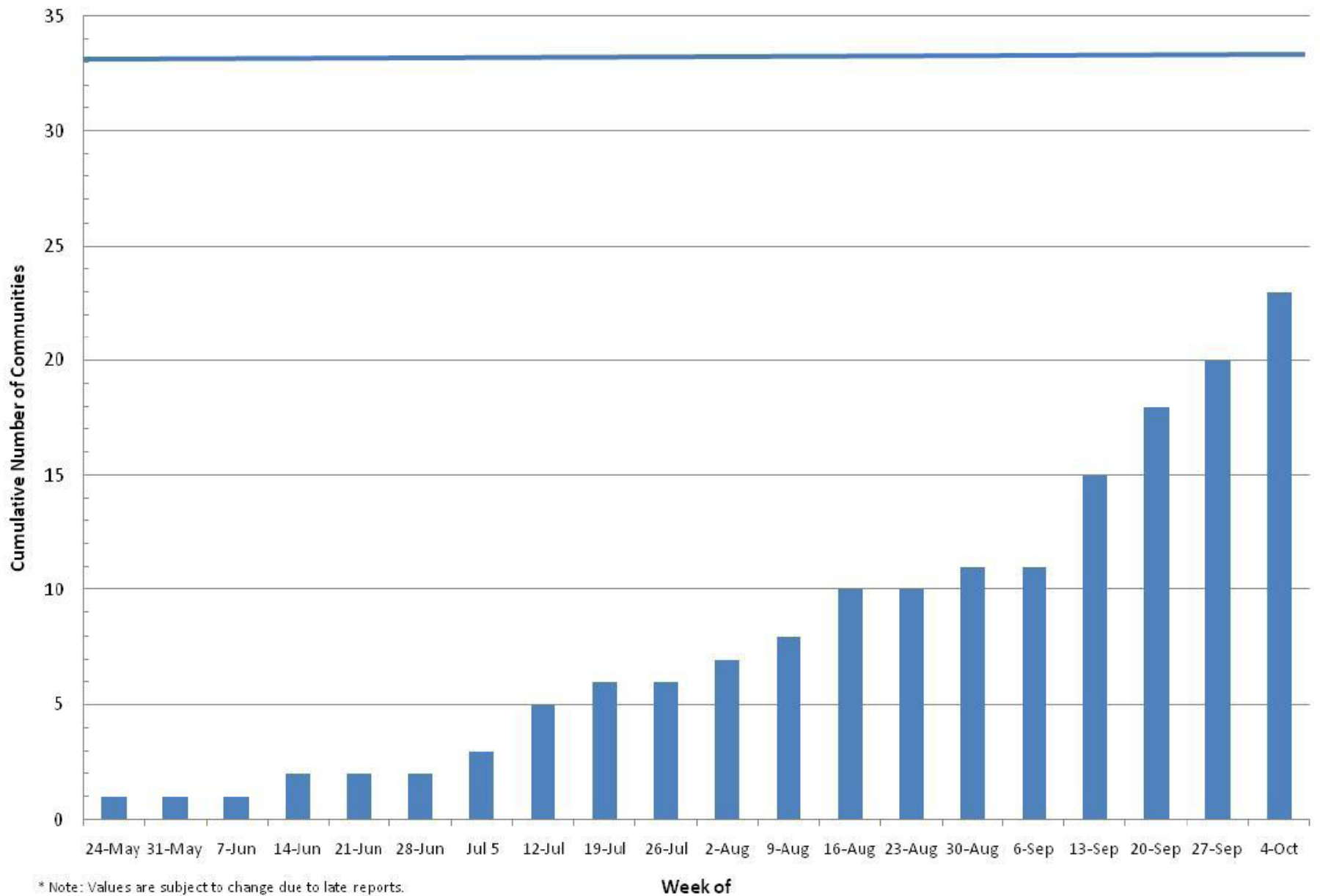
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# Epi- Summary by Week of Incident Cases and Hospitalizations

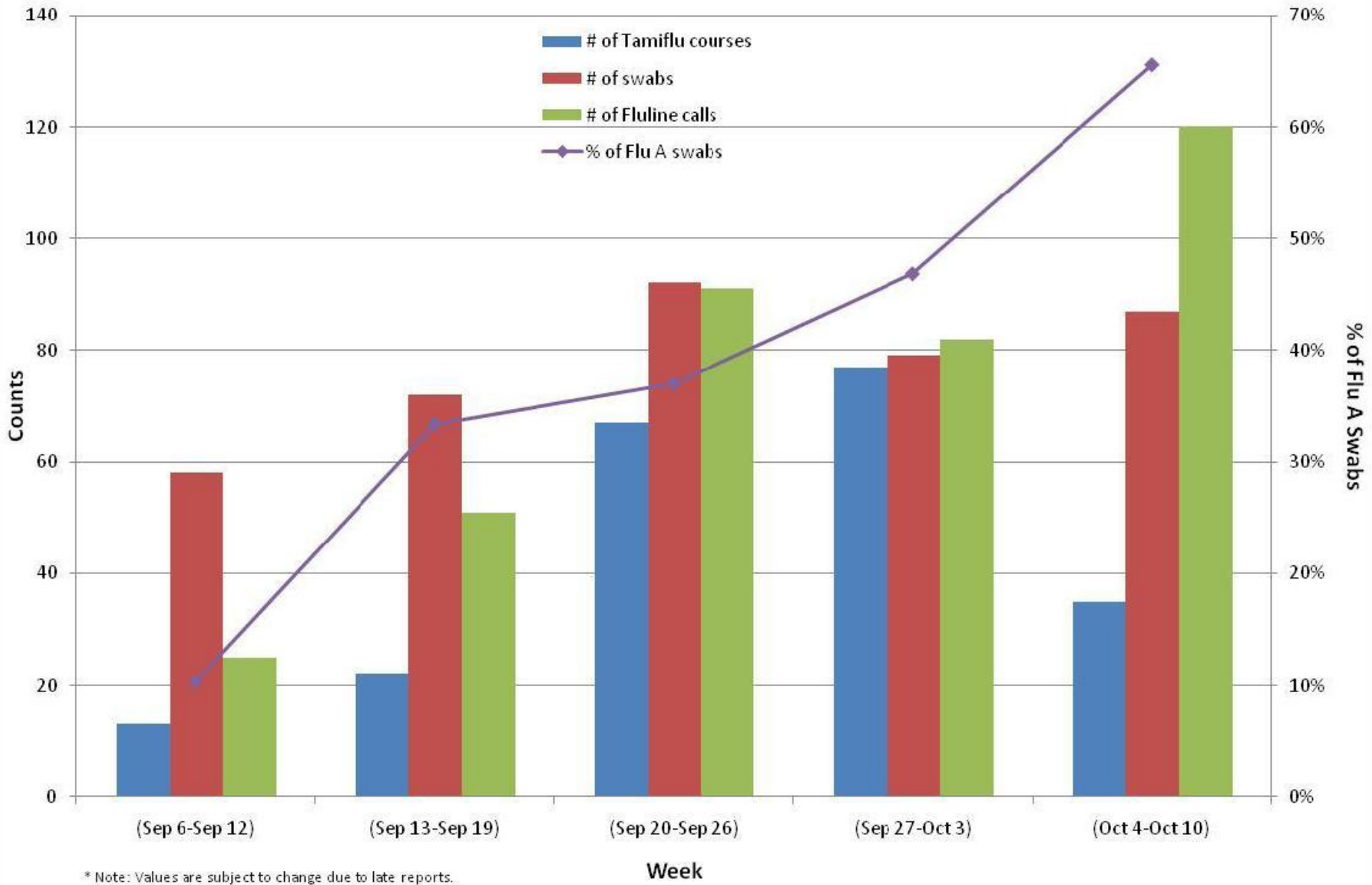


\* Note: Values are subject to change due to late reports.

## Cumulative # of Communities Affected by H1N1



# Epi-Summary of ILI Indicators by Week



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## Protecting Yourself

Help slow the spread of the H1N1 flu virus:

- Avoid contact with people who have the flu.
- Avoid touching your mouth and nose.
- Clean hands often with soap and water, or use a hand sanitizer.



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## Prevent the Spread

- Wash your hands.
- Cough and sneeze into your arm.
- Keep items and surfaces clean and disinfected.
- Stay home if sick!

### 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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## H1N1 Vaccine

- We will start immunizing the public once the vaccine is approved.
- People over 10 years get 1 dose.
- Children 6 months to 10 years get 2 doses.



### Who should not take vaccine?

- People allergic to eggs;
- People who have had a severe allergic or adverse reaction to a previous flu vaccine; or
- Children under 6 months of age.

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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>