

## Resources

- **Health and Social Services**  
[www.hlthss.gov.nt.ca](http://www.hlthss.gov.nt.ca)
- **Public Health Agency of Canada**  
[www.phac-aspc.gc.ca/alert-alerte/swine\\_200904-eng.php](http://www.phac-aspc.gc.ca/alert-alerte/swine_200904-eng.php)
- **Centers for Disease Control and Prevention**  
[www.CDC.gov/h1n1flu/](http://www.CDC.gov/h1n1flu/)
- **World Health Organization**  
[www.who.int/csr/disease/swineflu/en/index.html](http://www.who.int/csr/disease/swineflu/en/index.html)
- [www.Fightflu.ca](http://www.Fightflu.ca)
- [www.Pandemicflu.gov](http://www.Pandemicflu.gov)

For more information, call  
your local health centre or  
Health Line at 1-888-255-1010



**All strains of flu can be dangerous;  
however, good infection prevention  
can help protect you from any virus.**

# H1N1 FLU

## Slow the spread!

## What is H1N1?

- H1N1 flu is a respiratory illness caused by a new type of the influenza virus.
- It is very contagious and spreads easily between people, similar to the regular seasonal flu.
- People can be infectious up to 7 days.

## How is it spread?

- Person-to-person through coughing and sneezing.
- Contact with contaminated surfaces such as handles, doorknobs, counters, and telephones.

## Protect yourself

- 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.
- Avoid crowds.
- Open windows in your home to have better airflow.
- Do not smoke.
- Have a smoke-free home.
- Stay healthy – getting enough sleep, eating healthy food, and keeping active.

## Key Signs and Symptoms

- Fever (38°C)
- Cough
- Sore throat
- Runny or stuffy nose

## If you have the key signs and symptoms:

Stay at home and avoid close contact with others for **7 days** after your symptoms begin or until you have been **symptom-free for 24 hours**, whatever is longer.

Do not travel, go to work or school when sick.

## Other symptoms may include:

- Body aches
- Headaches
- Chills
- Fatigue
- Diarrhea or vomiting

## How to help relieve symptoms

1. Treat fevers over 38°C with acetaminophen or ibuprofen (do not give Aspirin to children with a fever), and a cool cloth to the face and neck.
2. Take lots of fluids and nutritious food, such as fruits, vegetables, whole grains and dairy products.
3. Have a smoke-free home.
4. If you are concerned, contact Health Line at 1-888-255-1010.
5. If illness gets worse, seek medical care.

## When to seek medical care

If you experience any of the following:

- Shortness of breath or difficulty breathing
- A fever for more than three days.
- Children who have:
  - rapid or difficulty breathing or blue lips
  - sluggish behaviour
  - poor feeding or drinking
  - seizures

## You are at higher risk for complications if you:

- have a history of chronic disease
- are pregnant
- are under five years of age
- are over sixty-five years of age