



City of Hamilton
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Hamilton

Cases of H1N1 Swine Influenza have been identified in Canada, Mexico, the United States, and other countries around the globe. As of May 4th, there were 31 confirmed cases of H1N1 Swine Influenza in Ontario. None of the confirmed cases are in Hamilton.

Public Health Services continues to closely monitor the evolving situation around H1N1 Swine Influenza in collaboration with its provincial, national and international partners.

What is H1N1 Swine Influenza?

H1N1 Swine Influenza (also called Swine flu) is a strain of the influenza virus that is new in humans. The virus is related to pig influenza viruses, but has adapted to infect humans. People with swine flu experience many of the same symptoms as with regular seasonal flu such as: fever, cough, sore throat, headache, lack of appetite, and fatigue. Some people with human Swine Influenza have also reported vomiting and diarrhea.

How is the H1N1 Swine Influenza spread?

Swine flu is transmitted from person to person via the respiratory route, the same as seasonal influenza. Coughs and sneezes release the germs into the air where they can be breathed in by others. Germs can also rest on hard surfaces like counters and doorknobs, where they can be picked up on hands and transmitted to the respiratory system when someone touches their mouth and/or nose.

What precautions should staff, students and their families take?

There are simple measures to minimize the risk of being infected that should be followed by all staff, students and their families:

- Wash hands frequently with soap and water, and when unable to access a sink and running water, use alcohol based hand sanitizer (60-90% alcohol)
- Cover your cough, using sleeves instead of hands
- Stay home when sick and isolate self from family members as possible
- Consult your health care provider and stay at home if you are ill

Should I purchase masks to use to avoid getting the Swine Influenza?

At this time, there is no need for members of the general public to purchase or stockpile masks. We are asking everyone to wash their hands with soap and water frequently, cough and sneeze into their sleeve, and stay home if they are not well.

My child has a cough, sneezes and/or fever. They haven't traveled to Mexico. What should I do?

It is unlikely that they have Swine Influenza if they have not traveled to Mexico or have not been in contact with someone who has traveled to Mexico. However, if symptoms warrant, contact your health care provider.

Additional information on Swine Influenza

- City of Hamilton residents with questions concerning H1N1 Swine Influenza can contact Public Health Services by phoning (905) 546-2424 ext 7970 Monday to Friday 8:00 am to 8:00 pm, Saturday and Sunday 9am to 4pm, or by emailing H1N1flu@hamilton.ca
- For updated information about H1N1 flu virus, you may visit the alert on the City of Hamilton website www.hamilton.ca
- For information on pandemics and preparing for a pandemic, go to: www.hamilton.ca/pandemic
- Ministry of Health and Long-Term Care
www.health.moh.gov.on.ca
Information Line 1-800-476-9708
- Public Health Agency of Canada
www.phac-aspc.gc.ca
PHAC's toll-free information number: 1-800-454-8302
- World Health Organization
www.who.int