



# Information Bulletin

May 5, 2009

## H1N1 Flu Update

### H1N1 Influenza (Human Swine Flu) Cases

We continue to see confirmed cases of the new H1N1 influenza (human swine flu) in Ontario related to the Mexico outbreak. All cases have a mild illness. No one has been hospitalized. An additional number of cases are currently under investigation in Ontario.

No cases have been identified in Grey and Bruce.

The World Health Organization is at pandemic alert Level 5; the Grey Bruce Health Unit is in Level 2 of its [Pandemic Plan](#). This includes:

- Enhanced surveillance
- Providing additional guidance to the health care sector in support of early identification and treatment of cases
- Escalating communication activities to ensure the health care system and public are aware of the current situation and actions they should be taking

Everyone should follow basic precautions to minimize the risk of being infected [wash your hands frequently](#), control coughs and sneezes, and stay home when sick.

**IMPORTANT-** If you have travelled to Mexico recently and are feeling well, monitor yourself for flu-like symptoms. Otherwise, go about your normal routine. There is no need to stay away from work or school. If you are feeling well, do not go to the emergency department or your family doctor.

If you have travelled to Mexico and are experiencing symptoms of respiratory illness, contact your health care provider or call Telehealth Ontario at 1-866-797-0000.

For information on [swine flu](#), call the ServiceOntario INFOLine at 1-800-476-9708 -- Hours of Operation: 8:00 am - 8:00 pm (7days/wk).

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