



H1N1 Update

H1N1 Flu Virus has been reported around the world, and the World Health Organization (WHO) has declared it a pandemic influenza virus. The Public Health Agency of Canada is working with provincial, territorial and international governments to address this situation. Regular updates are posted to their website www.phac-aspc.gc.ca.

Here is the link that will take you directly to the website and the Frequently Asked Questions (FAQ) page of that site regarding H1N1:

http://www.phac-aspc.gc.ca/alert-alerte/swine-porcine/faq_rg_swine-eng.php

These two links will provide you with credible, up to date information on the pandemic. As well, the Saskatoon Health Region website has an excellent information page, including links to other credible sites. Here is the address

http://www.saskatoonhealthregion.ca/news_you_need/media_centre/media/2009/influenza_information.htm

Other helpful links are <http://www.fight.flu.ca>, <http://www.immunize.ca> and <http://www.health.gov.sk.ca>

Meanwhile, to reduce your risk of catching or transmitting the virus, we recommend the following preventive measures to be followed

- Wash hands frequently and thoroughly with soap and water (contact me if you'd like a poster)
- Cover nose and mouth when coughing or sneezing (use a tissue and discard)
- Cough into the inside of the elbow (check website www.coughsafe.com for excellent video)

It is also recommended that individuals make sure they get their **seasonal flu shot**. Information and registration forms for the 2009 Work Place Influenza clinics are posted on the Nightingale site. The start date for the clinics will depend on the shipping date for the vaccine but is estimated to be Oct 15/09.

Vaccine for H1N1 is in production and is estimated to be available in late November. The Saskatoon Health Region is in the process of planning for a mass immunization program following the seasonal influenza program. Vaccinations for the H1N1 influenza will be provided by Saskatoon Health Region at no charge.

Meanwhile, if you have any questions I can be reached as follows:

Debby Criddle 652-3314 dcriddle@nightingalenursing.ca

Nightingale Nursing Group Inc
620 Duchess Street Saskatoon, SK S7K 0R1