



Preventing H1N1 Influenza (Flu)

A Guideline for Community Agencies

The purpose of this document is to help staff of community agencies to prevent or reduce transmission of H1N1 influenza (flu).

Staff has an important role in protecting the community from infections such as flu. At this time, the main way to reduce the spread of flu is by:

- Hand washing,
- Covering your cough, and
- Avoiding contact with others when sick with the flu. (See How You Can Reduce the Spread of Influenza fact sheet.)

Infections with influenza can cause a wide range of illness, from mild to severe. People with H1N1 influenza almost always have cough and fever, commonly have sore throat, muscle aches, joint pain, fatigue, or headache, and sometimes have nausea, vomiting or diarrhea. Older adults and people with weakened immune systems (due to illness or medication) may not have a fever. Often, fever comes on quite suddenly. When H1N1 is known to be going around in a community, it is likely that the symptoms described are due to H1N1.

Is it flu? (H1N1)

| Almost always... | Commonly... | Sometimes... |
|--|---|--|
| <ul style="list-style-type: none"> • Fever • Cough | <ul style="list-style-type: none"> • Sore throat • Muscle aches • Joint pain • Headaches • Fatigue | <ul style="list-style-type: none"> • Nausea • Vomiting • Diarrhea |

Additional Prevention and Control Measures

- Adequate supplies of hand washing soap and single use hand drying supplies or equipment (e.g., disposable towels, air dryers) must be available at all times in food service and dining areas, bathrooms, and other areas where toileting or food service may occur.
- Consider making hand sanitizers available throughout the facility, especially where food is prepared or eaten.
- If a person has flu like illness, if possible, cancel or reschedule appointments while they have symptoms, unless yours is an agency providing health care.
- Staff members with flu like illness should be sent home. They should not go into the community, except to seek medical care until all symptoms are gone.

- Regular cleaning of the facility is recommended with special attention to horizontal surfaces, doorknobs, faucet handles and other surfaces frequently touched by the public. High-touch surfaces require increased housekeeping emphasis. Conduct regular cleaning of bathroom facilities and high touch surfaces: toys, sports equipment, tabletops, faucets, door handles, computer keyboards, telephones, service counters, etc.

Consult with Health Links/Info Santé at 788-8200 for health care advice as needed. Access emergency services if an individual is acutely ill and requires immediate medical attention.

Please contact your local community health office and ask to speak with a public health nurse if you have questions about flu prevention. Community health office phone numbers are listed on page 9 of the Winnipeg Health Services Directory (blue pages in the middle of your Winnipeg MTS White Pages telephone book).