
Pandemic (H1N1) 2009 Influenza Public Health Recommendations for Persons Diagnosed with Pandemic (H1N1) 2009

Instructions for the person diagnosed with pandemic (H1N1) 2009 influenza:

- Stay at home for 24 hours after your symptoms have ended, or for 7 days (10 days for children) after your symptoms begin – whichever is longer.
- If possible, avoid contact with the rest of the family by using a separate bedroom and bathroom. If you must share a bathroom, make sure to use your own towel.
- If possible, wear a surgical mask if you must be in contact with your family members. You can buy surgical masks at pharmacies, safety supply stores, and hardware stores.
- Cough into a tissue or your sleeve. Throw away tissues immediately.
- Wash your hands often and thoroughly. Use liquid soap and hot water. If soap and water are not available, use an alcohol hand sanitizer.
- Do not share anything that goes into your mouth, like utensils, drinking glasses, and toothbrushes.
- Do not have visitors in the house.
- If you need to leave the house for a medical appointment, wear a surgical mask.
- Do not give aspirin or products that contain aspirin to children and teenagers.
- Follow the advice of your health care provider, or call Telehealth at 1-866-797-0000, TTY 1-866-797-0007.

Examples of when Emergency Medical Care is needed:

If the following develop:

- difficulty breathing or chest pain
- lips that turn purple or blue
- vomiting and unable to keep liquids down
- signs of dehydration such as dizziness when standing, a decrease in the amount of urine in adults and a decrease in the number of wet diapers and/or bowel movements in infants, or – in infants – a lack of tears when they cry
- a seizure
- confusion or reduced responsiveness

For general information:

- For general information about the 2009 influenza pandemic, visit www.sdhu.com; call our Control of Infectious Diseases Program at (705) 522-9200, ext. 301; or call the ServiceOntario INFOLine at 1-800-476-9708.

www.sdhu.com

Sudbury
(705) 522-9200

Manitoulin Island
(705) 370-9200

Espanola
(705) 222-9202

Sudbury East
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(705) 860-9200