



Sudbury & District

Health Unit

Service de  
santé publique

---

## **Pandemic (H1N1) 2009 Influenza What You Should Know**

---

### **What is pandemic (H1N1) 2009 influenza?**

Pandemic (H1N1) 2009 is a strain of influenza that had its origins in swine, but can also make people sick. It is a respiratory illness that causes symptoms much like those of the regular seasonal influenza.

### **Symptoms:**

Symptoms include fever, fatigue, lack of appetite, coughing and sore throat. Some children with pandemic (H1N1) 2009 influenza have also reported vomiting and diarrhea.

Here are very important precautions you can take to prevent the spread of illness:

- Wash your hands thoroughly and often with hot water and liquid soap, and assist children in your care to do so as well.
- Use hand sanitizers if water and soap are not available.
- Sneeze and cough into your sleeve, and encourage children in your care to do so as well.
- Stay at home if you are sick, and reduce contact with family members and the public.

### **For more information:**

- For general information about the pandemic (H1N1) 2009 influenza, visit [www.sdhu.com](http://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.
- People who have symptoms of respiratory illness should call their health care provider, or call Telehealth at 1-866-797-0000, TTY 1-866-797-0007.

**[www.sdhu.com](http://www.sdhu.com)**

---

Sudbury  
(705) 522-9200

Manitoulin Island  
(705) 370-9200

Espanola  
(705) 222-9202

Sudbury East  
(705) 222-9201

Chapleau  
(705) 860-9200

Revised August 5, 2009