

Take Care

WHAT YOU CAN DO TO STOP THE FLU.

WHAT IS THE FLU VIRUS?

Influenza is a respiratory illness. Most cases of the flu tend to be mild. If you do get the flu, stay home and get plenty of rest.

How do I get the flu?

Coughing or sneezing by the infected person releases the virus into the air where it can be breathed in by others.



Touching your nose or mouth after touching infected keyboards, telephones, doorknobs and toys can cause you to become infected.



How do I protect myself?



Clean your hands. Washing your hands well and often is one of the best ways to prevent viruses. Lather up for 20 seconds with soap and water or use an alcohol-based sanitizer.



Cough and sneeze into your sleeve. Hands spread germs; keep them clean.



Keep commonly touched surfaces clean. All frequently touched surfaces and items should be kept clean using a household disinfectant.



Stay home if you're sick. Don't spread your germs. If your symptoms get worse, call your health care provider.



Get immunized. Talk to your health care provider.

How will I feel?

a fever

Your fever may be 38°C (100.4°F) or higher. It starts suddenly.

a dry cough

Your cough can last for a few weeks.

an aching body

You may have headaches and pain in your legs and lower back.

very weak and tired

You may feel too weak to do anything. You may not want to get out of bed.

poor appetite

You may not feel like eating

sore throat

shortness of breath

nausea

You feel like you will vomit.

vomiting & diarrhea

Vomiting and diarrhea are more common in children.

NOTE:

A baby might cry more than usual.



When should I seek medical care?

Call your health care provider or go to your local Emergency Room only if you experience flu-like symptoms and you:

- are pregnant;
- have heart or lung disease;
- have a chronic health problem that requires regular medical attention;
- are elderly;
- have an illness that affects your immune system, such as cancer or HIV/AIDS.

If your child is suffering from the flu, you should seek medical care immediately if his or her symptoms improve and then suddenly become worse. In addition, seek care if you notice any of the following signs:

- fast or difficult breathing;
- bluish or dark-coloured lips or skin;
- drowsiness to the point where he or she cannot easily be wakened;
- severe crankiness or not wanting to be held; or
- dehydration — not drinking enough fluids and not going to the bathroom regularly.



Where can I get more information?

Porcupine Health Unit
www.porcupinehu.on.ca

Ontario Ministry of Health and Long Term Care
www.health.gov.on.ca

Public Health Agency of Canada
www.phac-aspc.gc.ca




Porcupine
Health Unit • Bureau de santé

Telehealth Ontario

1-866-797-0000
TTY 1-866-797-0007
24 hours, 7 days a week

You can get quick access to a qualified health professional who can help you decide whether to care for yourself, see your doctor or go to a hospital emergency room.

Telehealth Ontario does not replace emergency services.

Call 9-1-1 if you have a medical emergency.

