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MESSAGE TO HEALTHY LIVING ORGANIZATIONS IN BRITISH COLUMBIA

As B.C. monitors the recent outbreak of the H1N1 influenza virus (swine flu), we want to emphasize the precautionary measures that everyone in your organization can take to prevent the spread of any influenza virus.

A number of human cases of swine influenza have been confirmed in British Columbia. The cases have either recovered or are recovering and all of the cases have been relatively mild.

The symptoms of the H1N1 influenza virus is similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with the virus.

Take precautions to avoid spreading any illness: covering your mouth and nose with a tissue when coughing or coughing into your sleeve and if you sneeze, throw the tissue away immediately and wash your hands with soap and water or use alcohol-based disposable hand wipes or gel sanitizers. The sharing of items like drinking water bottles should be discouraged.

Monitor your health while you are travelling and avoid contact with sick people. If you develop a fever and a cough while travelling:

- Isolate yourself, if possible, from your travelling companions.
- Practice respiratory hygiene i.e. tissues, coughing into a sleeve, washing hands etc.
- Inform a health care provider of your symptoms
- Avoid direct contact with others if possible, unless directed to seek medical care

You can call [HealthLink BC](#) at 8-1-1, anytime of the day or night to speak with a health professional. If you need to see your doctor or healthcare provider, please call ahead and report your symptoms and explain why you think you have the H1N1 influenza virus.

Continue to practice good health habits and get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.

For updated information and facts on the H1N1 virus, please visit www.gov.bc.ca/swineflu