



What can you do to stay healthy?



Wash your hands often with soap and warm water for at least 15 seconds.

Be sure to clean your hands after sneezing or coughing and after touching surfaces others may have touched.



Keep an alcohol-based sanitizer handy at work, home and in your car.



Cough and sneeze into your upper sleeve or a tissue, not your hand. Dispose of tissues immediately.



Keep commonly touched surfaces clean and disinfected.



Protect yourself and others by talking to your health care provider about seasonal and H1N1 flu vaccines.

For information about seasonal flu, H1N1 and pandemic preparedness visit:

ontario.ca/flu

Or call **ServiceOntario INFOLine** at:

1-800-476-9708

TTY: 1-800-387-5559

Telehealth Ontario at:

1-866-797-0000

TTY: 1-866-797-0007

To find health care options in your community, visit:

ontario.ca/healthcareoptions or call:

1-866-330-6206

If you don't have a health care provider, you can register for the Health Care Connect program at:

ontario.ca/healthcareconnect

or call: **1-800-445-1822**

For additional information, visit:

fightflu.ca (Public Health Agency of Canada)

oahpp.ca (Ontario Agency for Health Protection and Promotion)

who.int (World Health Organization)

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This year it's a different flu season

What you need to know about
Seasonal Flu and H1N1 Flu

ontario.ca/flu

Why is this flu season different?

This fall and winter, there will be two types of flu viruses circulating – seasonal flu viruses and the new H1N1 flu virus. Two flu vaccines are being developed against these viruses. The seasonal flu vaccine will be available as usual in the fall, while the H1N1 flu vaccine will be made available later in the year.

A seasonal flu vaccination will not protect you against the H1N1 flu virus.

Talk to your health care provider about these two separate vaccination programs.

What are the symptoms of seasonal and H1N1 flu viruses?

Flu viruses result in similar symptoms, which range from mild to severe. Symptoms include sudden fever, cough, sore throat, fatigue and muscle aches. Vomiting and diarrhea are more common in children.



Who's most at risk?

High risk groups for seasonal flu include children 6 to 23 months, adults 65 and older, as well as those with pre-existing health conditions. High risk groups for H1N1 flu are being identified. They could include pregnant women, persons with pre-existing health conditions and people who live in remote and isolated communities.

Anyone who is pregnant or has a pre-existing health condition should contact a health care provider if they get the flu.



How do these viruses spread?

They spread when someone with the flu coughs or sneezes and droplets come in contact with another person's nose, mouth or eyes. When people with the flu cough or sneeze into their hands and contaminate things they touch, other people can become infected if they touch the same object and then touch their face.

A person can be infectious until symptoms are gone.

When will the vaccines be available?

- Seasonal flu vaccine will be available as usual in the fall.
- H1N1 flu vaccine will be available later in the fall or early winter.
- H1N1 flu vaccination program will be made available to Ontarians beginning with the high risk groups.

When should I seek medical care?

Call your health care provider or Telehealth Ontario if you experience flu-like symptoms and:

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

Seek medical care for children right away if you notice **any** of the following signs:

- fast or difficult breathing;
- increased drowsiness and irritability;
- not drinking enough fluids or signs of dehydration;
- flu-like symptoms become worse.

