

## **FAQ's regarding the H1N1 influenza taken from the NB Department of Health website- [www.gnb.ca](http://www.gnb.ca)**

**(Please note information is always changing especially in relation to the H1N1 vaccine, we will keep as up to date as possible.)**

### **What should I do if I get sick?**

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

Contact your health care provider if you are worried about your symptoms. If you have influenza like symptoms and need to seek medical care you should contact your health care provider to report illness (by telephone or other remote means) **before** seeking care at a clinic, physician's office, or hospital so they can minimize your contact with others when you get there.

However, the following emergency warning signs require that you go directly to an emergency room or urgent care centre:

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

### **If I become sick will I be able to get treatment?**

This illness can be treated with antiviral medications however it is not recommended that these medications be given for mild disease. By using these medications when not necessary there is a risk that the

virus could develop drug resistance. Your health care provider will determine whether treatment is needed. The current guidance is that antiviral medication be used to treat H1N1 (Human Swine) Influenza when the illness is moderate to severe and the patient is at a great risk for complications.

### **Can antiviral medication be used to prevent getting this disease?**

It is not recommended that antiviral medication be given to prevent illness with H1N1 Flu Virus (Human Swine Flu).

### **How can I prevent getting this virus?**

There is no vaccine available right now to protect against H1N1 (Human Swine) Influenza. However there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza such as:

#### **1. Hand washing**

Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Wash your hands with soap and warm water for at least 20 seconds; if no soap and water available then use a hand sanitizer with 60-90% alcohol.

#### **2. Cover your cough and sneeze**

Sneeze and cough into your elbow or sleeve or use a tissue. After wiping or blowing your nose with a tissue, throw away the tissue and wash your hands. Keep your fingers away from your eyes, nose and mouth.

#### **3. Stay at home and avoid crowds when sick**

The same as if you have the seasonal flu, avoid going to work or school and being in large crowds as you can spread influenza easily to others. You should also visit those who have influenza only if necessary.

#### **4. Keep common surfaces and items clean and disinfected**

If a household member is sick, keep personal items separate and regularly clean surrounding surfaces.

Generally speaking, doorknobs, light switches, telephones, keyboards and other surfaces can become contaminated with all kinds of bacteria and viruses. Regular cleaning and disinfecting of these surfaces can help. Do not share personal items or drinks.

### **Can I get H1N1 Flu Virus (Human Swine Flu) from eating or preparing pork?**

H1N1 (Human Swine) Influenza is not spread through food eating pork or pork products. It is always important to properly handle and cook pork products.

### **Should I wear a mask?**

We do not recommend that members of the general public wear surgical masks to protect against getting this virus. Evidence shows that this is not effective in preventing the spread of influenza in the general public. People can use masks incorrectly, or contaminate them when putting them on and taking them off, which could actually increase the risk of infection.

(There are some instances when a mask would be useful, this would be for a person with the flu to wear when in contact with a person who is not sick and is assisting them at home)

### **Should I travel?**

For current travel information please visit the [Public Health Agency of Canada \(PHAC\) website](#).

People who are traveling should follow usual preventive measures against seasonal influenza such as receiving the flu vaccine.

Although this year's vaccine is not likely to be effective against this strain of H1N1, there may be ongoing seasonal influenza in parts of the world and being vaccinated could reduce the risk of assisting the virus to mix with other viruses.

### **Other FAQ's for us specifically at Christ Church Cathedral**

#### **Worship practices-why the changes?**

All changes we have made at the Cathedral with regard to worship, during the taking of Communion, hand shaking, physical distancing, use of hand sanitisers are the result of many discussions with members of the Cathedral Emergency Planning Team in conjunction with the Health Ministry Team. Members of those teams bring a wealth of experience in emergency planning . We have brought best practice interventions used at international, national and local levels. These practices may change according to our needs and as we follow the course of the flu pandemic.

**Other changes at the Cathedral ?**

The Emergency Planning Team have looked at many other aspects for the care of our congregation, these will be brought to your attention if needed ,depending on how this flu pandemic evolves in our community.

Keep reading the bulletin and poster boards at the back of the Cathedral. If you have any questions you would like answered please contact the Parish Nurse- Isabel Cutler RN 450 7766 or [pn@christchurchcathedral.com](mailto:pn@christchurchcathedral.com)