

The Hastings & Prince Edward Counties Health Unit is in close communication with the Ontario Ministry of Health and Long-Term Care and the Public Health Agency of Canada to monitor the outbreak of swine flu.

If you have questions or concerns about Swine Flu, please call the Communicable Disease Intake Line at 613-966-5513 ext 349

The Hastings Prince Edward Counties Health Unit is well positioned to respond effectively to any outbreak, including swine flu.

Symptoms of swine flu are similar to seasonal influenza including:

- headache
- chills and cough followed by fever
- loss of appetite
- muscle aches and fatigue
- runny nose
- sneezing
- watery eyes, and
throat irritation

Nausea, vomiting and diarrhea may occur in adults as well as in children. In more severe cases, or in people with chronic conditions, complications such as pneumonia may develop.

To help prevent the spread of infection, the health unit advises residents to:

- Wash hands thoroughly with soap and warm water, or use hand sanitizer
- Cough and sneeze into your arm or sleeve
- Keep doing what you normally do, but stay home if you are sick
- Talk to a health care professional if you experience flu-like symptoms
If you have flu-like symptoms and are going to a health care provider or emergency room, call ahead if possible so they can ensure infection control measures are in place to protect workers and other patients