

# H1N1 Influenza Virus

## COMMON QUESTIONS

### ■ What can I do to protect myself and my family from H1N1 Influenza Virus?

Hand washing with soap and warm water is one of the most effective ways to stop the spread of infection. Or, use a hand sanitizer. Wash hands before touching your eyes, nose or mouth.

### ■ If I am sick how can I help stop the spread of infection?

- Cover your coughs and sneezes with your arm, not your hand;
- Stay home and call your health provider or *Health Link Alberta* for advice toll-free 1-866-408-LINK (5465) or go online to [healthlinkalberta.ca](http://healthlinkalberta.ca)

### ■ What are the symptoms of H1N1 Influenza Virus?

As with normal influenza, the symptoms include fever, fatigue, lack of appetite, coughing and sore throat. Some people with H1N1 Influenza Virus have also reported vomiting and diarrhea.

### ■ What should I do if I have the symptoms of H1N1 Influenza Virus?

Before going to a doctor's office, anyone with a fever or cough is encouraged to stay home and call *Health Link Alberta* at: 1-866-408-5465 for advice.

### ■ Has there been a travel advisory issued for people travelling to Mexico?

Yes. As of April 27, 2009, the [Public Health Agency of Canada \(PHAC\)](http://www.phac.gc.ca) is recommending that Canadians avoid any non-essential travel to Mexico. If travel to Mexico is unavoidable, PHAC advises Canadians to make sure they receive influenza vaccinations, wash their hands regularly and avoid close contact with people who appear to have a respiratory illness.

### ■ Where can I get more information or advice?

[www.healthlinkalberta.ca](http://www.healthlinkalberta.ca)

or call toll-free: 1-866-408-LINK (5465)

[www.fightflu.ca](http://www.fightflu.ca)

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## QUICK FACTS

### Anyone with a fever or cough who recently traveled to Mexico or the U.S. is encouraged to:

- Stay home.
- Avoid contact with other people and call their health care provider, or Health Link Alberta toll-free 1-866-408-LINK (5465) for advice.

### H1N1 Influenza Virus is:

- A new respiratory virus affecting people.
- The virus can spread from person-to-person when an infected person coughs, sneezes or talks.
- People can also become infected by touching contaminated surfaces and then touching either their own mouth or nose before washing their hands.

### ■ We're prepared

The Government of Alberta has been [preparing](#) the health system and the province for an influenza pandemic since 1999. [Alberta's Plan for Pandemic Influenza](#) will direct activities of the Government of Alberta, Alberta Health Services and other key groups in response to pandemic influenza, to ensure a coordinated response.

### ■ Symptoms of influenza and H1N1 Influenza Virus

Influenza usually starts with the sudden onset of a fever, headache, cough, sore throat and muscle aches. Most people recover from influenza in about a week.

### ■ The influenza season

In Canada, influenza usually affects people between November and April. If someone develops symptoms they should manage the illness at home as they normally would during the influenza season.

### ■ More Information

Alberta Health and Wellness is collaborating with Alberta Health Services, the Public Health Agency of Canada (PHAC) and other provinces and territories to coordinate its response to H1N1 Influenza Virus. For more information visit:

**Alberta Health and Wellness:**  
[www.health.alberta.ca](http://www.health.alberta.ca)

**Alberta Health Services:**  
[www.albertahealthservices.ca/](http://www.albertahealthservices.ca/)

**Public Health Agency of Canada:**  
[www.phac-aspc.gc.ca/](http://www.phac-aspc.gc.ca/)