



Communications/Information Special Bulletin Confirmation of H1N1 Flu Virus Cases in Waterloo Region

Date: October 8, 2009

Primary Key Messages:

- Region of Waterloo Public Health received laboratory confirmation of five H1N1 flu virus cases.
 - The cases range from six to 26 years of age.
 - Four of the individuals had underlying medical conditions.
 - Two of the individuals required hospitalization (one is currently hospitalized).
- Most individuals who contract the H1N1 flu virus experience a mild to moderate form of illness. Laboratory testing is focused on individuals whose symptoms are severe (e.g. hospitalized) or who are at greater risk of complications from influenza. Therefore, it should be assumed that there are more cases than laboratory-confirmed cases because most people are not being tested.
- Confirmation of cases in Waterloo Region is not unexpected. There has been ongoing, but slowed, transmission of H1N1 flu virus cases over the summer. Public Health's surveillance is now picking up the increase in activity expected with the advent of the flu season in the fall.
- Individuals are reminded that there are several things they can do to try and stay healthy this flu season:
 - Cover your nose and mouth when you cough or sneeze by using a tissue or coughing into your sleeve or upper arm (or into the "crook of your elbow"). Throw the tissue in the garbage after you use it.
 - Wash your hands regularly with soap and water, especially after you cough or sneeze. Alcohol-based hand rub (ABHR) or sanitizers with 60 to 90 per cent alcohol are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread easily that way.
 - If you get sick, Public Health recommends that you stay home from work or school until you no longer have a fever and are well. Limit contact with others to keep from infecting them.
 - If your symptoms worsen, contact your healthcare provider (doctor).
- Information on, and resources for, the H1N1 flu virus are available on Waterloo Region's pandemic website — www.waterlooregionpandemic.ca Individuals without internet access are invited to contact Public Health at 519-883-2000 for assistance.

Surveillance Data (H1N1 Cases):

In Ontario (as of Sept. 26, 2009):

- Laboratory-confirmed cases: 4089
- Hospitalizations: 380 (cumulative)
- Deaths: 24

In Waterloo Region (as of Oct. 8, 2009):

- Laboratory-confirmed cases: 43
- Hospitalizations: 11 (cumulative)
- Deaths: 0