



## **H1N1 FLU FACTS**

**October 2009**

### **For Pregnant Women and People Who are High Risk**

#### **I'm pregnant – should I be concerned?**

Pregnant women are **not** more likely to get H1N1, but if they do catch the virus, it is possible to have complications that may affect their pregnancy.

#### **If someone at work is or has been sick, what should I do?**

The likelihood of being exposed to H1N1 at work is generally the same as it would be in any other public setting or at home. While at work pregnant women and those with a compromised immune system (high risk) follow the same basic precautions they would in any other setting.

#### **How can I prevent getting sick?**

All staff members, including pregnant women and those at high risk, should take the same basic precautions such as:

- Cover your cough by coughing into your elbow or sleeve, or use a tissue to cover your nose and mouth when coughing or sneezing. Place the tissue in the garbage.
- Wash your hands often with soap and water, especially after coughing or sneezing. When soap and water are unavailable, hand sanitizer may be an acceptable alternative if hands are not visibly soiled.
- Limit touching your eyes, nose or mouth.

#### **What symptoms should I watch for?**

Symptoms may include but are not limited to: sudden onset of fever, cough, muscle and joint aches and fatigue. Nausea, vomiting and diarrhea may also occur and fever may not always be prominent.

#### **When should I go to my doctor?**

Early treatment can help to reduce the risk of severe illness, so pregnant women should contact their health care provider if they develop flu-like symptoms, as soon as they can. Pregnant women who have symptoms of a more severe illness such as shortness of breath, dehydration or severe weakness, or have other symptoms that worsen, should seek immediate medical attention.

**What measures are being taken by the Board?**

- Students and staff have been asked to stay home if they become ill.
- Preventative daily disinfecting and vigilant cleaning measures are in place.
- The Board is continually reviewing and updating its Pandemic Plan.
- A sick room at each school has been designated to isolate students who are presenting with flu like symptoms until they can be picked up.
- Ongoing communication continues to take place with the Health Unit, Ministry of Education, and Ministry of Health.
- The Board continues to communicate with staff, students, parents and caregivers.

**What if I am feeling anxious or scared?**

Although some adults may become very fearful about what might happen during a pandemic, others may not worry at all. Both reactions are normal. When you have questions about things that may affect your health or the health of your loved ones, it may be helpful to get reliable information that can help you to understand the risks. Talk to your health care provider if you are concerned.

**What else can I do?**

Stay informed. Learn as much as you can from accurate information sources (see below for websites that contain the most current and accurate information on H1N1 flu).

- Northwestern Health Unit website: [www.nwhu.on.ca](http://www.nwhu.on.ca)
- The Public Health Agency of Canada: [www.phac-aspc.gc.ca/index-eng.php](http://www.phac-aspc.gc.ca/index-eng.php)

Visit the Board's website to review our Pandemic Plan: [www.tncdsb.on.ca](http://www.tncdsb.on.ca)