



# Mamawetan Churchill River Health Region

## Public Service Announcement

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### Influenza-like illness in Sandy Bay

This message is from the Medical Health Officers for the Mamawetan Churchill River Health Region, which includes the community of Sandy Bay.

In recent days, there have been people who have been ill with influenza-like illness in Sandy Bay, similar to other locations in the province. This means that they have symptoms such as fever, cough, sore throat, and achiness. While a few cases have been confirmed as having the H1N1 human swine flu virus, so far, none of the Sandy Bay cases have had serious illness, and have only been ill a few days.

If you are experiencing symptoms, or if you have any questions, we ask that you **call the HealthLine at 1-877-800-0002**. If you are advised to seek medical attention, please make sure you follow the directions at the health centre, including washing your hands and wearing a mask.

To help protect yourself, your family and your community from infections, please make sure to wash your hands often and cough into your sleeve. If you are sick, stay home and avoid being around a lot of people as much as you can. This means not visiting large groups of friends and family.

We understand that this may be a worrisome time for you. We are all working to keep Sandy Bay healthy, and you can help by following the directions in this announcement.

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*Together in Wellness*

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