



## Public Service Announcement

June 24, 2009

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### Ongoing flu protection in the community

As in the rest of province, there have been people with influenza-like illness in Northern Saskatchewan. This means they may have symptoms like fever, cough, sore throat and achiness. There are also confirmed cases of the H1N1 influenza virus in Northern Saskatchewan. Even though most cases have been mild, the northern Medical Health Officers remind you to protect yourself against the spread of infection from the flu virus.

Wash your hands frequently, or use an alcohol-based hand sanitizer with at least 60% alcohol content;

Cough and sneeze into your sleeve, or a tissue, and then clean your hands;

Stay away from work or gatherings when you are ill, and resume your normal activities after seven days.

However, just because you may have been in contact with someone who has been ill, there is no need to stay home if you do not have flu symptoms.

If you **are** experiencing symptoms, or if you have any questions, please **call the HealthLine at 1-877-800-0002**, and follow any medical advice you may receive.