



Public Service Announcement

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Planning for the flu

No one plans to get sick, but, sometimes, despite the best precautions, you or a family member may become ill with the flu. The northern Medical Health Officers remind you to prepare by having some basic items on hand.

Be sure you have a supply of soap for washing hands, and household cleaners for disinfecting common surfaces or shared items.

A thermometer will help you know if you have fever. Acetaminophen or ibuprofen, such as Tylenol or Advil, may provide relief during the flu. It is a good idea to keep some in your medicine cabinet, out of reach of children.

Sick family members should stay home for seven days, or until the symptoms resolve. Books, games and movies will help to pass the time.

Keep a supply of liquids and easy to prepare foods for times when you are feeling ill or not able to get to the store.

You may also want to think about who may be able to look after young children if you are sick.

If you would like more information about influenza, or have a fever and are experiencing other flu symptoms such as cough, muscle aches, loss of appetite or fatigue, **please call the HealthLine at 1-877-800-0002**. Translation services are available in Cree and Dene.