



Caring for H1N1 Flu Cases and Contacts (May 4, 2009)

Instruction for Confirmed or Suspect H1N1 Cases

Your file

Votre référence

Our file

Notre référence

- Avoid contact with the rest of the family by using a separate bedroom and bathroom, if possible. If the bathroom must be shared, make sure you have your own towel.
- Cough into a tissue or your sleeve. Throw tissues away immediately.
- Wash hands frequently using soap and water or an alcohol-based hand rub.
- Don't share anything that goes in your mouth like utensils, drinking glasses and toothbrushes.
- Don't have visitors in the house.
- If you need to leave the house for a medical appointment, or need to spend time within 6 feet of other people, wear a surgical mask. These can be purchased at pharmacies, or hardware stores.
- Follow the advice of your health care provider. You can also call Telehealth Ontario for advice (1-866-797-0000). Avoid the use of aspirin and aspirin-containing products for children and teenagers.

Instructions for Contacts of H1N1 Cases

1. Contacts who have symptoms should be assessed by a health professional.
2. Contacts who have no symptoms should:
 - Limit activities in the community to only what is essential (e.g., work, school).
 - Watch for symptoms that include: fever, cough, sore throat, sore muscles, joint pain, fatigue, and sometimes diarrhea and vomiting.
 - At the first sign of Influenza-like symptoms, stay at home, get health care advice and inform your provider that you are a contact of a known case.

There is NO recommendation at this time for the use of mandatory quarantine of contacts or anti-viral medications for contacts.

Instructions for Caregivers of H1N1 Cases

- If possible, only one family member should care for a sick person. Pregnant women should avoid providing care to others.
- Have as little close contact as possible with the sick person. Stay at least 6 feet away from the sick person if possible.
- Wear a surgical mask if you must be in direct contact with a sick person. These may be available at medical surgical supplies vendors, pharmacies or hardware stores. Whenever you take the mask off, throw it out. Do not re-use masks.
- Wash your hands frequently with soap and water or an alcohol-based hand rub and after each time you care for the sick person and/or you remove your mask.
- Provide extra cleaning in frequently touched areas of the house (e.g., table tops, keyboards, door knobs, counter tops, remote controls, telephones, light switches). Dishwashing and laundry can be done as normal.

Source: Interim Guidelines for Cases and Contacts were provided by the Ministry of Health and Long Term Care – April 30, 2009