

# **TEMISKAMING HOSPITAL**

**MAY 20, 2009**

## **The H1N1 Flu Virus (Swine Flu)**

Symptoms of the H1N1 influenza flu virus are similar to seasonal influenza including headache, chills and cough followed by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation. Nausea, vomiting and diarrhea may occur in adults as well as in children. In more severe cases, or in people with chronic conditions, complications such as pneumonia may develop.

In the face of this influenza outbreak, Temiskaming Hospital has implemented a screening tool, similar to the one used during the SARS outbreak. We ask that every person visiting either the specialist clinic area or the Emergency Department, please complete this screening tool and have it attached to your out-patient form. Always wash your hands when you enter the hospital and when you leave. If you have a cough, please wear a mask.

So what can you do to stop the spread of germs?

- Use proper hand hygiene using hand sanitizer or soap and warm water
- Cough or sneeze into your sleeve
- Clean or disinfect equipment and surfaces
- Do not visit others if you are feeling unwell

To protect yourself from influenza, get the annual flu shot.

For more information about H1N1 Flu, visit the CDC website at <http://www.cdc.gov/h1n1flu/> or the MOHLTC website at [http://www.health.gov.on.ca/english/public/updates/archives/hu\\_09/swine\\_flu.html](http://www.health.gov.on.ca/english/public/updates/archives/hu_09/swine_flu.html)



Temiskaming Hospital  
(705) 647-8121  
[www.temihosp.on.ca](http://www.temihosp.on.ca)

### **Visiting Hours:**

- 10:00 a.m. to 8:00 p.m. for medical patients, surgical patients and Long-Term Care patients;
- 2:00 to 4:00 p.m. and 6:00 to 8:00 p.m. for obstetrics patients;
- Visitors to the Special Care Unit (SCU) are restricted to immediate family and/or significant other(s).