

Information on H1N1 Influenza Virus (Human Swine Influenza)



The Department of Health and Community Services would like to notify the public of the latest information pertaining to H1N1 Influenza. There have been two hospitalized cases in Newfoundland and Labrador. This case is included in the current total of 76 confirmed cases in the province.

The number of confirmed cases will now be updated every Monday by 3 p.m. NL time. As in other Canadian jurisdictions, additional cases are anticipated over the summer months and into the fall flu season. Public advisories will be issued as necessary.

The department is working with the PHAC and other provinces and territories to closely monitor the situation. Heightened surveillance protocols are in place across the province.

Prevention is the best approach to protect against influenza. Individuals are advised to take precautions around general hygiene and public health. Clean, Cover and Contain is the recommended approach.

- Clean: wash hands regularly with soap and water or hand sanitizer.
- Cover: use a tissue or arm to cover coughs and sneezes as opposed to the hands which frequently touch other surfaces and people.
- Contain: stay at home so that the illness is not spread to others.

Individuals with influenza-like symptoms should stay home to minimize contact with others and to treat the symptoms of the illness. If symptoms worsen or if there are other health concerns, call a health care professional. A doctor will determine what, if any, testing or treatment may be required.

For current travel notifications and information on precautionary measures visit the Public Health Agency of Canada Website. A toll-free public information line is also available Monday - Friday from 8:00 a.m. to 8:00 p.m. ET. The number is: 1-800-454-8302. Residents of Newfoundland and Labrador can also contact the Newfoundland and Labrador Healthline at 1-888-709-2929.