

H1N1 (Swine Flu) & Pandemic Preparation

Canadian Health Organization

<http://www.fightflu.ca/index-eng.html>

Pan-Canadian portal providing a source of credible information relating to H1N1 flu virus as well as resources specific to each province and territory.

WHO (World Health Organization)

<http://www.who.int/csr/disease/swineflu/en/>

CDC (Centres for Disease Control and Prevention)

<http://www.cdc.gov/h1n1flu/>

CPHA (Canada's Public Health Leader)

<http://www.cpha.ca/en/programs/pandemic-influenza/primary-care.aspx>

QUESTIONS & IMPORTANT INFORMATION

Public Health Agency of Canada

<http://recherche->

[search.gc.ca/s_r?t3mpl1t34d=1&s5t34d=phac&l7c1l3=eng&S_08D4T.1ct57n=search&S_08D4T.s3rv5c3=basic&S_m5m3typ3.sp3c5f53r=INDEX&S_m5m3typ3.v1l93=html%2Bxhtml&S_m5m3typ3.t3xt6p3r1t7r=OR&S_F8LLT2XT=H1N1+cases&S_S20RCH.l1ng91g3=eng](http://recherche-search.gc.ca/s_r?t3mpl1t34d=1&s5t34d=phac&l7c1l3=eng&S_08D4T.1ct57n=search&S_08D4T.s3rv5c3=basic&S_m5m3typ3.sp3c5f53r=INDEX&S_m5m3typ3.v1l93=html%2Bxhtml&S_m5m3typ3.t3xt6p3r1t7r=OR&S_F8LLT2XT=H1N1+cases&S_S20RCH.l1ng91g3=eng)

ARTICLES

Number of Deaths in Canada

<http://www.phac-aspc.gc.ca/alert-alerte/swine-porcine/surveillance-eng.php>

Ontario Map of cases reported

<http://thestar.blogs.com/maps/2009/06/map-of-the-week-h1n1-in-ontario.html>

BBC (British Broadcasting Company)

<http://news.bbc.co.uk/2/hi/health/8160955.stm>

100,000 new cases in the last week.

<http://news.bbc.co.uk/2/hi/health/8163930.stm>

HealthZone

<http://www.healthzone.ca/health/article/668771>

<http://www.healthzone.ca/health/newsfeatures/swineflu>

FACTS:

Swine influenza

Swine influenza is a respiratory disease of pigs caused by the *influenza A* virus.

H1N1 flu virus

Swine flu viruses do not normally infect humans. From time to time, human infections do occur, resulting in H1N1 flu virus. H1N1 flu virus is a respiratory illness that causes symptoms similar to those of the regular human seasonal flu.

Transmission

Sometimes, humans and animals can pass strains of flu back and forth to one another through direct close contact. When a swine influenza virus does affect a human, there is also a risk that the animal influenza can mutate and then spread directly between humans.

More investigation is needed on how easily the virus spreads between people, but it is believed that it is spread the same way as regular seasonal influenza. Influenza and other respiratory infections are transmitted from person to person when germs enter the nose and/or throat.

Symptoms

Symptoms include fever, fatigue, lack of appetite, coughing, and sore throat. Some people with H1N1 flu virus have also reported vomiting and diarrhea.

Flu shot

It is unlikely that the seasonal flu shot will provide protection against H1N1 flu virus. The flu shot will protect against the seasonal flu, which is still circulating in Mexico.

Pandemic

Pandemic influenza is defined as a new influenza virus that spreads easily between humans and affects a wide geographic area. More information is needed to determine how easily this virus spreads.

Vaccine

A vaccine is any preparation intended to produce immunity to a disease by stimulating the production of antibodies. Canada has a plan for a vaccine to be produced domestically if a pandemic occurs, which will take about six months once the virus is identified. Enough pandemic vaccine will be produced to cover all Canadians.

Antivirals

Antivirals are drugs used for the prevention and early treatment of influenza. Two antivirals that appear to be effective in treating this illness are oseltamivir (Tamiflu) and zanamivir (Relenza).