



You're sick and worried

South Shore Health has seen increased visits to emergency rooms by people with flu-like illness. To ease the burden on doctors' offices and emergency rooms and protect other patients, a special **H1N1 Flu Assessment Centre** has been opened. No appointment needed, but bring your Health Card.

Special Flu Assessment Centre
3rd Floor, Ambulatory Care Centre
South Shore Regional Hospital
Monday-Friday: 1 - 4 p.m

There will be **no vaccinations** at the Assessment Centre and **no testing** for H1N1. Check Vaccine Clinic schedules by calling 811 or at ssdha.nshealth.ca. More information on flu symptoms and warning signs visit: www.gov.ns.ca/h1n1

New Hours

Most cases of H1N1 are mild and will improve by resting at home.

Come to the flu assessment centre **only if:**

- You have had the flu for a few days and you get sicker instead of better;
- or**
- You have the flu AND are in a high-risk group, which includes people under 65 with a **chronic medical condition** that requires ongoing care; women more than **20 weeks pregnant**, or children **under five years old**.

Go **directly to emergency** or call 911 if you are **severely ill** with the Flu and have any ONE of these symptoms:

- shortness of breath, wheezing
- chest pain
- sudden dizziness
- severe or persistent vomiting
- A fever above 38.5°C (101°F)
- sudden confusion
- your child is not eating or drinking
- your child is **unusually** sleepy, irritable, or quiet.



DIRTY HANDS SPREAD INFECTION. WASH UP.