



South Shore Health

H1N1 Update

Released: Jan 7, 2010

H1N1 vaccinations

South Shore Public Health Services recommends people who wish to get an H1N1 vaccination to contact their family doctors or nurse practitioners.

Alternately, Public Health Services will still provide vaccinations. Please call 543-0850 for information.

Remember, a second dose of H1N1 vaccine is still recommended for all children 6 months to 3 years of age, at least 21 days after the first dose. A second dose is also recommended for children under 10 who have a chronic illness or are immunocompromised. ([H1N1 Bulletin, Nov 16, 2009](#))

Check ssdha.nshealth.ca for updates on H1N1.

Feeling ill?

H1N1 activity across Nova Scotia has slowed, but the virus is still circulating.

Those who are experiencing mild flu-like symptoms should rest, treat their symptoms and stay at home until they are feeling better.

Those with moderate symptoms or people in high risk groups with symptoms are encouraged to seek medical care at a doctor's office or call 811 for advice.

People with severe flu-like symptoms, which may include difficulty breathing, chest pain, dizziness, severe vomiting, high fever and sudden confusion, should call 911. Additional warning symptoms for children include not eating or drinking, or being **unusually** sleepy, irritable, or quiet.

A chart to help decide when to seek medical care is posted at www.gov.ns.ca/hpp/h1n1/illness



Remember your flu 'etiquette'

If you follow these basic precautions, you will help keep your community healthy; not just protected from H1N1, but a whole range of viral illness the common cold.

- Stay home if you are experiencing flu-like symptoms, keep your child home, and ask guests to cancel planned visits if they feel ill.
- Cough and sneeze into your sleeve
- Wash hands often with water and soap or alcohol-based hand sanitizer
- Wipe down common surfaces such as door knobs and taps if someone ill or people visit.
- Refrain from sharing drinks and food with others
- Do not share drinking glasses, utensils or personal-care items like toothbrushes or towels.