

H1N1 Flu Virus has been reported around the world, and the **World Health Organization (WHO)** has declared it a pandemic influenza virus.

To date, infection with the pandemic (H1N1) 2009 influenza virus has resulted in influenza-like-illness (ILI) similar to seasonal influenza.

ILI is defined as the acute onset of respiratory symptoms with fever and cough and one or more of the following symptoms: sore throat, muscle aches, joint pain, or weakness. Gastrointestinal symptoms may also be present and fever may not be prominent.

This pandemic (H1N1) 2009 influenza virus is thought to be spread from person to person in the same way as seasonal influenza where transmission occurs predominantly through coughing or sneezing. Indirect transmission can also occur through self-inoculation after contact with surfaces and objects contaminated with the virus from infected persons.

Like seasonal influenza, the pandemic (H1N1) 2009 influenza infection in humans can vary in severity from mild to severe, with the most severe disease occurring mainly in known and emerging risk groups such as the immuno-compromised and pregnant women. People with underlying medical conditions may also be at greater risk of severe illness or complications. Most illness from the pandemic (H1N1) 2009 influenza virus (especially in children) has to date been relatively mild and self-limiting with most cases recovering quickly.

For more information on how to protect yourself, your patients, your students visit the Health Canada website link

http://www.phac-aspc.gc.ca/alert-alerte/h1n1/faq_rq_h1n1-eng.php#faq2

For further updates visit the Health Canada website regularly

Link:

<http://www.phac-aspc.gc.ca/new-nouv-eng.php>