

HUMAN A/H1N1 INFLUENZA

Alberta and around the world:

A level 6 Pandemic was declared on June 11, 2009 by the World Health Organization (WHO). A month later, WHO stopped publishing the number of cases – Canada followed suit shortly after. Alberta still reports on a weekly basis the number of cases and associated deaths. As of August 14th, there are 1648 cases in Alberta, with 7 associated deaths.

It is reported that the World Health Organization maintains 2 billion people will be infected worldwide by the time this virus runs its course – 30% of the global population.

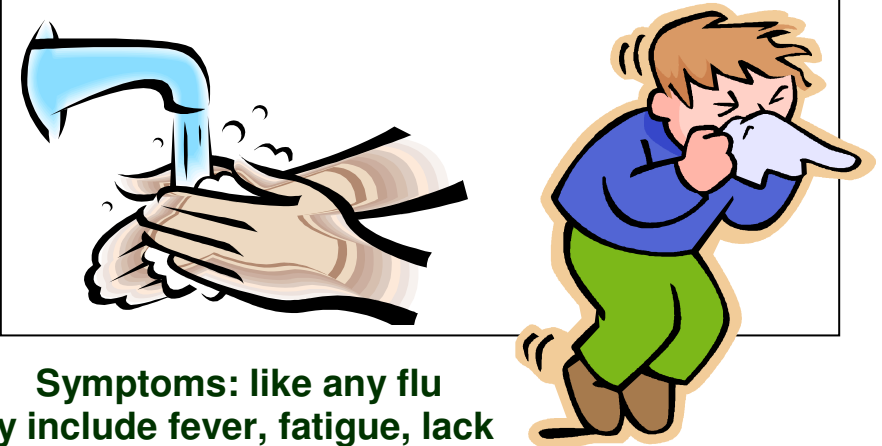
Who is at risk and why? Although the virus has been around now for 4 months, much is still unknown about it. Recent reports indicate that population segments that might have been exposed to earlier outbreaks of the virus (flu virus descendants of the 1918 Spanish Flu strain) may be immune to some degree. Those born after 1957 might not be protected to the same degree because of exposure to other dominant flu strains.

Other factors include:

- Pregnant women, who are in an *immune-suppressed state*, especially in the 3rd trimester, are susceptible to this and other viruses
- The biggest mystery of the outbreak is why the healthy, young population is extremely susceptible
- Swine flu mirrors other flu viruses in that it is more serious to those with underlying health issues
- This virus spread in 6 weeks what past viruses took 6 months to do
- For more information go to:
<http://www.health.alberta.ca/health-info/influenza-H1N1.html>

HELP prevent the spread of influenza

- Do not touch your eyes, nose or mouth after touching door handles and other surfaces that may harbour influenza and other viruses
- Cough or sneeze into your sleeve rather than your hand
- Wash hands frequently, using soap and water, especially after coughing, sneezing or blowing your nose
- Use hand sanitizer if hands are not visibly dirty or if soap and water are not accessible
- If ill, stay home from work and avoid public places



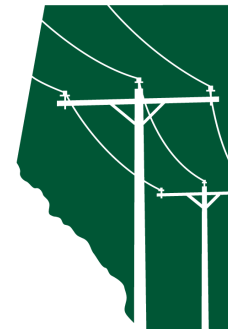
Symptoms: like any flu they include fever, fatigue, lack of appetite, coughing and sore throat. Some people report vomiting and diarrhea. Not feeling well? You are encouraged to stay home and call



HEALTHLink Alberta





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AFREA



UPDATE - 5

*EMERGENCY PREPAREDNESS PLAN
COMMUNICATION
AUGUST 21, 2009*

KEEPING OUR RESOURCES HEALTHY
 *ALBERTA AND THE WORLD*
 *HELP PREVENT THE SPREAD*
 *SYMPTOMS*
 *HEALTH LINK ALBERTA*