



OAK BAY EMERGENCY PROGRAM

1703 Monterey Avenue, Victoria, British Columbia V8R 5V6

The Corporation of the District of Oak Bay

H1N1 Virus

The District of Oak Bay is continuing to monitor and assess the risk posed to the residents of Oak Bay by the H1N1 flu virus. Oak Bay staff are working with representatives of BC Health, Vancouver Island Health Authority (VIHA), the Provincial Emergency Program and other Regional Governments to keep our residents and staff up to date with the latest information with regards to the H1N1 virus. Flu symptoms include cough and fever, runny nose, sore throat, body aches, fatigue and lack of appetite.

Residents may reduce the risk/spread of the H1N1 virus by following some common sense procedures:

- ❖ Protect yourself and others by avoiding close contact with people who are sick.
- ❖ Stay home if you are sick; keep your children home from school if they are sick. If your symptoms worsen contact a Health Care Provider.
- ❖ Wash your hands often and thoroughly with warm soapy water or use hand sanitizer. Wash the back of the hands and between the fingers. Wash hands for a minimum of twenty seconds.
- ❖ Cough or sneeze into your arm or tissue not into your hands. Dispose of the tissue appropriately and wash hands.

- ❖ Keep common surfaces and items clean and disinfected. This includes items that you share at work or at home. (Telephone, countertops, TV remotes etc).
- ❖ Practice good health habits including plenty of rest, drinking plenty of fluids and eating nutritious foods.

Knowledge is your best defense, for more information and bulletins regarding the H1N1 flu virus please refer to the following links:

Public Health Canada www.fightflu.ca 1-800-454-8302

Vancouver Island health Authority www.viha.ca

Healthlink BC www.healthlinkbc.ca

You can also contact Health Link BC at 8-1-1 24hours a day /seven days a week to speak to a nurse if you have questions about any illness/symptoms experienced by you or your family members.