



Press Release

For Immediate Release:
July 14, 2009
Six Nations Council



H1N1 confirmed at Six Nations

OHSWEKEN (09/07/09) – A mild case of H1N1 (or human swine flu) has been confirmed in Six Nations of the Grand River Territory on July 9, 2009.

Council wants to remind community members that prevention and protection are the best strategies to reduce the risk of infection. Good health habits such as plenty of sleep and exercise and enjoying nutritious food and drinking lots of water strengthens the immune system so it can fight off infection.

After a healthy lifestyle, protection is the next line of defense. Thorough and frequent hand washing is a top priority followed by coughing or sneezing into your sleeve. People, who are sick, are asked to stay home and away from the public. If an ill person's condition worsens, seek advice from a doctor. Anti-viral medication which can ease symptoms is offered to patients and those in contact with them. Information on caring for a sick family member is available in the SNEC H1N1 booklet on www.sixnations.ca.

Symptoms of H1N1 include fever and/or chills, new or worse cough, sore throat, body aches, headache and fatigue. Nausea, vomiting and diarrhea are common in children. Most cases in Ontario are mild and people recover at home. More serious cases may be due to existing medical conditions stressing the body's immune system.

For further information or answers, you can contact:

1. Ontario TeleHealth Line @ 1-866-797-0000
(Available 24 hours/day, 7 days/week)
2. Health Canada General Enquiries Line @ 1-877-365-3623
(Available 9:00 a.m. to 6:00 p.m., 7 days/week)
3. Ohsweken Public Health Office @ 519-445-2672
(Available 8:30 a.m. to 4:30 p.m., Monday to Friday)
4. Six Nations Health Services Office @ 519-445-2418
(Available 8:30 a.m. to 4:30 p.m., Monday to Friday)

If you have access to a computer and the internet, you can also go to the following websites:

Ministry of Health of Ontario website:

www.health.gov.on.ca

Ontario First Nations Pandemic website:

www.pandemic.knet.ca

Six Nations Council website:

www.sixnations.ca

Spokesperson
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