

**May 1, 2009**

**The following is information about HINI (human swine influenza) from the Department of Health Promotion and Protection. For more information, please visit [www.gov.ns.ca/hpp](http://www.gov.ns.ca/hpp).**

### **Prevention**

- If you do not have symptoms, it is important to remember that daily activities should continue as normal. It is safe to go to school, work and socialize.
- Prevention continues to be the best approach to avoid illness. Nova Scotians are advised to wash their hands thoroughly and often, cough into their sleeves and stay away from the public if they are sick.

### **Use of masks**

- We do not recommend the use of surgical masks by the general population, as they have not been proven effective in reducing the risk of infection.

### **Use of anti-virals, such as Tamiflu**

- Furthermore, we do not recommend the use of anti-virals such as Tamiflu for treating mild illness or for prevention.

### **Travel information**

- If you have influenza-like symptoms, and have recently traveled to an area affected by HINI (human swine influenza), like Mexico, or have been in contact with someone who has HINI (human swine influenza), it is important to avoid close contact with others for seven days after your symptoms start as this is the time when the illness can be spread to others. Stay home from work, school, public places and avoid social settings. Minimize contact with family members as much as possible. Like any illness, should your symptoms worsen, visit your doctor or a walk-in clinic and be sure to mention your travel history.
- If you have traveled to Mexico or other affected areas more than seven days ago and are not feeling sick, go about your daily routine as usual. Any symptoms would have been apparent by now.
- If your travel partner was sick and you are now experiencing symptoms, stay at home, rest and drink plenty of fluids. Should your symptoms worsen, visit your doctor or a walk-in clinic.
- If someone you have come in contact with has traveled to Mexico or other affected areas and is sick, go about your daily routine as usual. If you begin to experience symptoms, follow the advice above.

## **Travel information continued**

- If your staff, students or a co-worker has traveled to Mexico or other affected areas and are not experiencing any symptoms, they should continue to work, go to school and go about their daily routine as usual. If they begin to experience symptoms, they should follow the advice above.
- If you are going to travel to Mexico or other affected areas, please check for any travel advice issued by the Public Health Agency of Canada (PHAC). As of April 27 2009, PHAC is recommending travelers from Canada postpone elective or non-essential travel to Mexico until further notice. For more information visit, [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca).
- If you have not traveled to Mexico or other affected areas but are feeling sick, treat it like a normal seasonal influenza. Remember this is still our normal influenza season.

**The above is information about H1N1 (human swine influenza) from the Department of Health Promotion and Protection. For more information, please visit [www.gov.ns.ca/hpp](http://www.gov.ns.ca/hpp) or call 1-888-451-4222.**