

MINAKI NURSING STATION

WAASEGIIZHIG NANAANDAWE'IYEWIGAMIG

Kenora Area Health Access Centre

Box 8, Minaki, ON, P0X 1J0

Phone 807 224-3531 Fax 807 224-3103

Email minaki@kahac.org



Regular Office Hours: Monday—Friday 9:00am—4:30pm
(nurse available only during office hours)

INFORMATION & CARE GUIDE

H1N1

Pandemic
Influenza:
PREPARE

for ACTION



If you are feeling ill with flu like symptoms read this booklet & call Tele-health: 1 866 797-0000 or your family health care provider for more information. For severe symptoms as described within call the Ambulance: 468-3311

The Public Health Agency of Canada has a 1 800 information line, 1 800 454-8302 where Canadians can get more information on the H1N1 influenza.

Helpful websites:

Public Health Agency of Canada: www.phac.gc.ca

World Health Organization: www.who.int/en/

Centres for Disease Control: www.cdc.gov/h1n1flu/

Ministry of Health & Long Term Care (Ontario Government): www.health.gov.on.ca/

Northwestern Health Unit: www.nwhu.on.ca/

This document is current as of June 25, 2009

Viruses can transform into swine flu (H1N1 influenza)

Swine flu regularly causes outbreaks of influenza in pigs, but human infections have sporadically occurred.

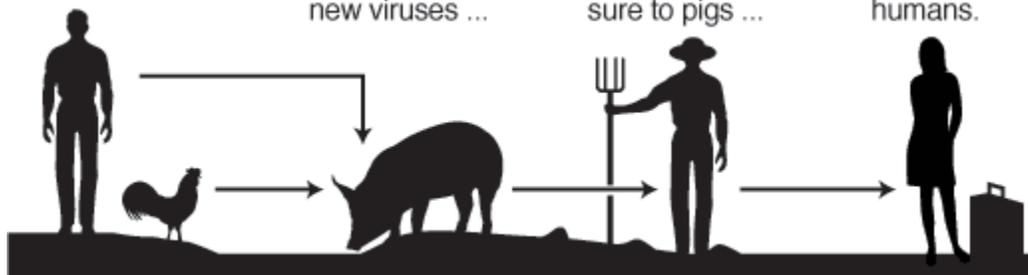
How swine flu spreads

Various species infected by the flu viruses ...

... can infect pigs, swapping genes, forming new viruses ...

... that can infect humans who have direct exposure to pigs ...

... who in turn can infect other humans.



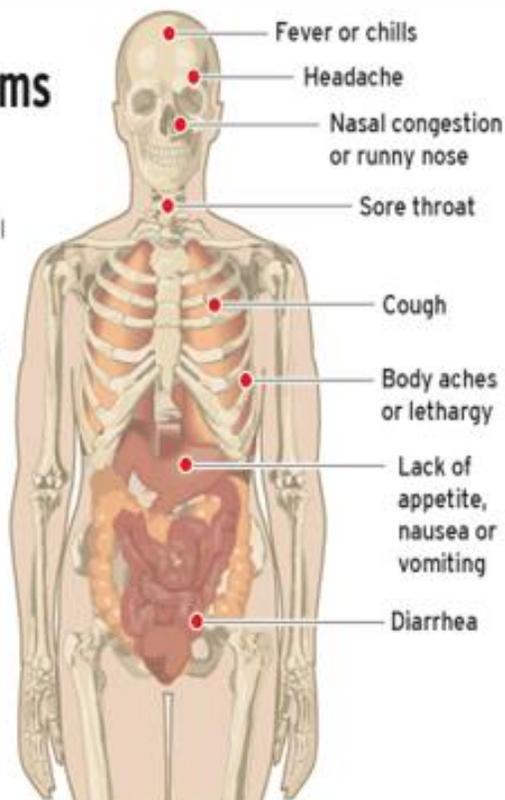
SOURCE: Centers for Disease Control and Prevention

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Swine flu symptoms

(H1N1 influenza)

Symptoms of the swine flu are very similar to those of seasonal influenza. If you feel ill, stay home from work and school because an infected person can shed the virus 24 hours before symptoms start, and up to seven days later. If you exhibit symptoms and believe you may have swine flu, call your physician before making a trip to see him or her, then follow advice on how to proceed.



SOURCE: Centers for Disease Control and Prevention

MSNBC.com

What You Need to Know

Pandemic Influenza: PREPARE



for ACTION

A type of influenza virus appears that people have not been exposed to before (or have not been exposed to in a long time).

Influenza pandemics are different from many of the other major public health and health care threats facing our country and the world. A pandemic will last much longer than most flu outbreaks and may include “**waves**” of influenza activity that last 6-8 weeks separated by months. The number of health care workers and first responders able to work may be reduced. Public health officials will not know how severe a pandemic will be until it begins.

Plan for a **second** wave

As you and your family plan for an influenza pandemic, think about the challenges you might face, particularly if a pandemic is severe.

You can start to prepare now to be able to respond to these challenges. The following are some challenges you or your family may face and recommendations to help you cope.

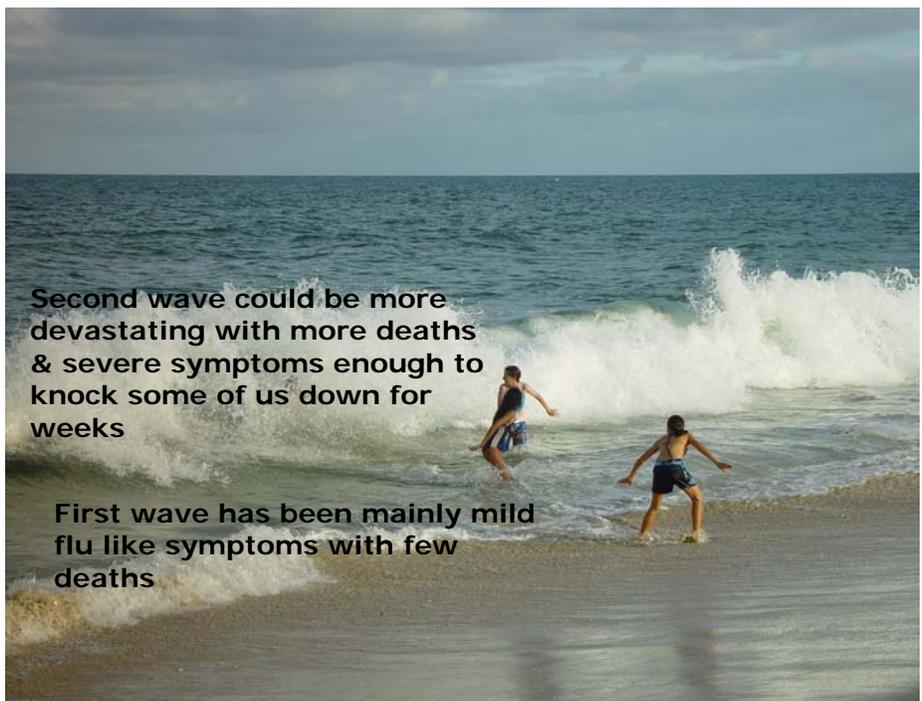
During the previous century, the 1918 pandemic **began mild and returned**, within six months, in a much **more lethal** form. The pandemic that began in 1957 started mild, and returned in a somewhat more severe form, though significantly less devastating than seen in 1918. The 1968 pandemic began relatively mild, with sporadic cases prior to the first wave, and remained mild in its second wave

An influenza (f l u) pandemic is a worldwide outbreak of flu disease that occurs when a new

Essential Services You Depend on May Be Disrupted

Plan for the possibility that usual services may be disrupted. These could include services provided by hospitals and other healthcare facilities, banks, restaurants, government offices, telephone and cellular phone companies, and post offices. *So long as there is staff available the Minaki Nursing Station will continue to guide Minaki residents through this H1N1 pandemic.*

- ☒ Stores may close or have limited supplies. Planning checklists can help you determine what items you should stockpile to help you manage without these services
- ☒ Public gatherings, such as volunteer meetings and worship services, may be canceled. Prepare contact lists including conference calls, telephone chains, and email distribution lists, to access or distribute necessary information.
- ☒ Consider that the ability to travel, even by car if there are fuel shortages, may be limited.
- ☒ You should also talk to your family about where family members and loved ones will go in an emergency and how they will receive care, in case you cannot communicate with them.
- ☒ In a pandemic, there may be widespread illness that could result in the shut down of local ATMs and banks. Keep a small amount of cash or traveler’s checks in small denominations for easy use.



Second wave could be more devastating with more deaths & severe symptoms enough to knock some of us down for weeks

First wave has been mainly mild flu like symptoms with few deaths

PANDEMIC FLU PLANNING CHECKLIST

When it comes to pandemic flu, it can never be too early to plan ahead for your personal health and safety. The following checklist can help individuals and families to prepare for a possible flu pandemic or other emergency situations.

SUGGESTIONS FOR STOCKPILING

In the event of a flu pandemic, some day-to-day services may be disrupted including those provided by health care facilities, banks, stores (i.e. grocery stores and pharmacies), restaurants and government offices. Stockpiling essential supplies for you and your family is a good way to prepare for this possibility. The following list provides *examples* of non perishable food items and other supplies recommended having in your home in the event of a flu pandemic.

FOOD & BEVERAGES	✓
Bottled water or boiled tap water (at least 2 liters of water per person per day)	
Powdered or canned milk	
Coffee or tea	
Canned, bottled or juice cartons	
Canned fruit	
Dried fruit	
Canned meats	
Dried meat	
Soup canned or package (dried)	
Rice	
Dried beans or legumes	
Pastas	
Packaged or cup of noodles	
Peanut butter	
Nuts	
Dry cereal/granola/oatmeal	
Crackers	
Sugar	
Flour	
Baking powder, baking soda & yeast	
Salt & pepper	
Spices & herbs	
Cooking oil	
Dried egg substitute	
Any home or retail canned preservatives (i.e. jams, vegetables, fruits)	
Pet food and water	
Other canned items: stew, tuna, salmon, pastas, beans, puddings	
Prepared mixes (i.e. Biscuit mix, muffin mix)	
Baby Food: canned, jarred, powdered, formula	

OTHER	✓
Dish soap and detergent	
Hand soap/cleaner	
Alcohol based hand sanitizer	
Lysol wipes	
Flashlight (battery or wind-up)	
Gasoline	
Radio (battery or wind-up)	
Batteries	
Manual can opener	
Garbage bags	
Tissues & toilet paper	
Candles	
Lighter and matches	
Playing cards and games	
Paper and pencil	
Cash and change	
Solar lights (i.e. patio lights)	
Plastic bucket with tight lid	
ABC fire extinguisher	
Tool box with: (i.e. sharp knife, pliers, screw-driver, wrench, rope, duct tape)	
Fishing equipment	
Hunting equipment	
Bleach	
Personal hygiene: (i.e. feminine products, disposable diapers)	
Hand or baby wipes	
Scissors	
Alternative heat and cooking equipment with instructions for use	
Extra keys for car and house	

Quick Tips

Check expiry dates on food and medications

Keep prescription medications filled. If you or anyone else in your household takes prescription medication, don't wait until it is finished to order more. Try to keep at least three month's supply on hand at all times.

Discuss care options with family members and other loved ones. If you will be bringing others into your home to care for them in the event of a flu pandemic, discuss what health supplies, special foods or other items they require, add those items to your emergency supply list.

Fill out an Emergency Health Information sheet. Include blood type, allergies, pre-existing conditions and a list of current medication (type and dosage) for each member of your household, health card number. Include special instructions for family members with special medical needs.

Read instructions. For example some alternative cooking equipment (i.e. Coleman stove) cannot be used indoors.

HEALTH SUPPLIES	✓	Expiry Date
Pain relievers/fever reducers (i.e. acetaminophen, ibuprofen)		
Stomach remedies		
Cough and cold medicine		
Anti-diarrhea medication		
Antibacterial ointment		
Multi-vitamins		
Fluids with salt or sugar for dehydration (i.e. Gatorade and Pedialyte)		
Prescription medications		
Monitoring equipment (i.e. glucose and blood pressure)		
Anti nausea (i.e. Gravol)		
Anti histamine (i.e. Benadryl)		
Disposable gloves		
Safety glasses (enclosed type)		
Surgical masks		
Equipment for persons with disabilities		
Laxative or stool softener		
Thermometer		
Traditional medicines (i.e. tobacco, sweet grass, sage, cedar, etc.)		

Quick Tips

Over the counter medications such as pain relievers, Gravol, Benadryl should be age appropriate. Consider liquids for infants or children and medicinal suppositories as alternatives for sick family members.

Check expiry dates on food and medications

ALTERNATIVE REMEDIES

EXPECTORANT (Cough Syrup)

2 tablespoons minced onion

1/2 cup honey

Mix the ingredients in the top of a double boiler and cook very slowly for 2 hours. Strain through a coffee filter or cheesecloth and discard the onion pulp. Allow the syrup to come to room temperature before using. Store at room temperature in a bottle with a tight-fitting lid for up to 2 months. To use, adults should take 1 to 2 tablespoons every 4 hours. Children between the ages of 8 and 15 should take 1 teaspoon every 4 hours. Do not use for a child younger than 8.

ANIT-NAUSEANT

It's quite common for medical doctors, midwives, naturopaths, and other health practitioners to recommend ginger for nausea. Half a teaspoon of ginger can be taken four times a day. It can be steeped with hot water for five minutes to make a hot ginger tea.



DIARRHEA

Try one of the following a few times a day to relieve diarrhea

- Chamomile
- Bananas
- Blueberries
- Raw Garlic
- Dry toast
- Rice

CARING FOR THOSE WHO ARE SICK AT HOME

1. Protect yourself and others



If possible, have the **sick person wear a simple surgical mask** if you or someone else is in the same room within 2 metres (6 feet) of him/her.

- If the sick person cannot tolerate a mask, encourage the use of a tissue when coughing or sneezing. If you are going to be within 2 metres (6 feet), **you can wear a simple surgical mask and safety glasses**. *Eye glasses are not protective. You will need protection over top your eye glasses.

Masks & safety glasses are available at various hardware and department stores. If masks or glasses are not available consider using other protective alternatives: wrap-around sunglasses, snow machine goggles, bandana, construction type masks, etc.

Clean your hands often, either soap and water or a hand sanitizer before and after putting on or taking off a mask, after touching anything that a sick person has touched (such as dishes, towels, clothes, and trash), before you eat and before touching your eyes, nose or mouth.



2. Allow the ill person to rest away from others.

Anyone sick with H1N1 flu virus (human swine flu) is estimated to be contagious for 7 days from the onset of the illness and should stay at home.



They should generally stay at least 2 metres (6 feet) away from others, preferably in a well-ventilated room of their own. Ill people need lots of rest; visitors should be few.

Phone calls and a few distractions, like a good book are helpful. Clean the phone or other surface with a bleach-based cleaner after use by the ill person as the virus can survive on a hard surface for up to 2 days.



3. Treat the fever and cough



• **"Coughs and sneezes spread diseases" – as the spray has the virus in it.**

The ill person should cover the cough with a tissue or his/her arm. Tissues should be carefully placed in a waste basket and then the hands cleaned with soap and water or a hand sanitizer.

- If needed, give a mild **cough suppressant**, especially at night to help them sleep. It is **not recommended** to give **children under 6 years old cough suppressant....OR**



- Give a half-teaspoon of honey to children ages 2 to 5; 1 teaspoon to children ages 6 to 11; and 2 teaspoons to those 12 and older, the American Academy of Pediatrics recommends. **Do not give honey to babies younger than 1 because of the risk of infant botulism.**

- The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.

- Fever often comes with chills or aches and pains. Acetaminophen or ibuprofen every 4-6 hours may help to bring down the fever and take away the aches. **Do not give aspirin to children with fever** as it has been linked to Reye's Syndrome, a potentially fatal disease associated with aspirin consumption by children with viral diseases.



There are "hot spots" to target with a cool cloth or towel: forehead, face, neck, under arms, behind the knees, the groin area and the sole of the feet. A cool bath or shower could help.

- A cool face cloth over the whole body can help the fever too. There are "hot spots" to target with a cool cloth or towel: forehead, face, neck, under arms, behind the knees, the groin area and the sole of the feet. A cool bath or shower could help.



If antiviral medications have been ordered, ensure they get it twice a day.

Note: This guidance document is being provided by the Public Health Agency of Canada in response to the recent outbreak of H1N1 flu virus (human swine flu) in Canada. This guidance has been developed to assist people in caring for someone at home who is recuperating from the virus. This guidance is based on current available scientific evidence about this emerging disease, and is subject to review and change as new information becomes available. Additions have been made by the Minaki Nursing Station.

4. Give lots of fluids, nutritious food and ensure a smoke-free environment with no one smoking in your home.

This all helps the body recover. Fluids can include: water, juice, Pedialyte, sports drinks, electrolyte drinks.

To make your own electrolyte drink follow these easy instructions:

Things you will need: ½ teaspoon baking soda, ½ tsp salt, 3 – 4 tbsp sugar or sugar substitute, sugar free flavoring like kool aid, 1 quart water

1. Add all the dry ingredients to a clean dry container



2. Cover the ingredients with a small amount of water and mix well until ingredients are dissolved.

3. Add the remaining water and mix well. Refrigerate or make popsicles.

Recipe can be doubled or tripled.

Don't give straight water to babies younger than 6 months; their kidneys can't process it correctly and an electrolyte imbalance may occur.

5. Keep the sick person's things separate from others and handle anything he/she touches with care.

- Each sick person should have his/her own towel, face cloth, toothbrush, dishes, etc. that are kept away from those who are well.
- Wash dishes, dirty laundry and towels with hot water and soap as soon as you take them out of the room. Always clean your hands afterwards and avoid touching your eyes.
- Line their garbage with a plastic bag, so you don't need to touch the contents. Ideally, have a garbage bin with a foot pedal, so that you do not need to touch the garbage to put something in it. It would be best to burn all garbage including disposable items.
- You can disinfect door knobs and light switches and hard surfaces with a bleach-based cleaner or by cleaning them with a mixture that is **1 part bleach and 10 parts water**.
- Clean the bathroom after patient use.

Be aware that the virus can remain on surfaces for up to 2 – 3 days after an infected person has touched, sneezed, etc.

6. Be on alert for complications

Following these instructions, most people will begin to feel better after a few days. However, be on the lookout. Sometimes complications, such as asthma or pneumonia arise and the ill person may need to have a health assessment.

Take his/her temperature daily. Here are some signs to look for:

-  Starts to feel better, then the fever returns
-  Wheezing, shortness of breath or difficulty breathing, coughing up blood
-  Purple or bluish lip color
-  Chest pain
-  Hard to wake up, unusually quiet or unresponsive, strange thoughts or actions
-  New onset of diarrhea, vomiting or abdominal pain
-  Signs of dehydrations such as dizziness when standing and low urine production

If any of these things occur, call a health care provider for advice. If the ill person needs to seek medical care, they should wear a surgical mask if available. This is especially important if the ill person is using public transportation. Monitor yourself and other family members for flu symptoms.

First Nations' Traditional Alternative Medicine for Flu Like Symptoms in normally healthy adults:

Mashkiki to be used if outbreak takes place

- Cedar branch tips
- 2 handfuls of woman's sage
- The knot of the tamarack
- Red pine needles
- Spring or rain water



Boil all together 4-5 minutes until it turns color—drink 1 cup 4 times daily for 4 days—the person will also need to be washed down with rain or spring water as well

Differences Between Influenza and the Common Cold

Symptom	Common Cold	Influenza
Fever	Rare	Often high; sudden onset: lasts 3-4 days
Headache	Rare	Frequently
Aches and pains	Slight	Usual; often quite severe
Nausea, vomiting, diarrhea	Rare	Frequently
Weakness	Rare/Mild	Moderate to extreme; may last up to one month
Bedridden	Rare	Frequently; may last up to 5-10 days
Sniffles	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Cough	Sometimes: Mild to moderate	Usual: Can become severe
Complications	Sinus or ear infection	Pneumonia, kidney failure, hear failure, can be life threatening



Be prepared to stay at home to care of sick family members or have a back up plan.

What's wrong with this picture?



Answer: H1N1 is spread through the sneeze. 1. The pig should wear a mask. 2. The wolf should have on safety goggles because the H1N1 virus can enter through the eyes. 3. The caption would be more correct if it read "Gottcha!"

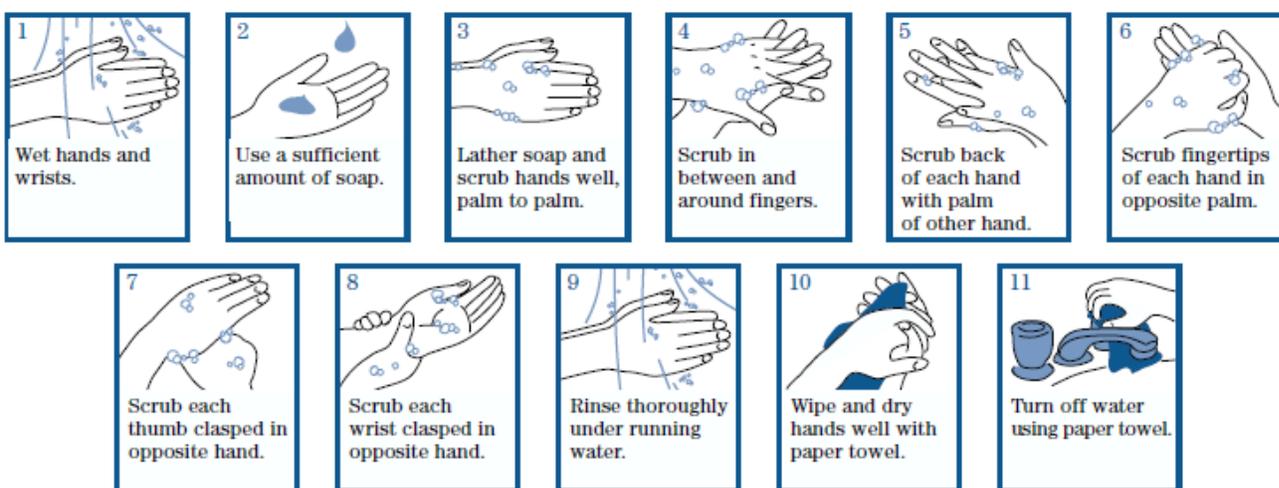
Handwashing

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand sanitizer. Wash hands for at least 15 seconds or more. Pay special attention to the areas of the hand most frequently missed.

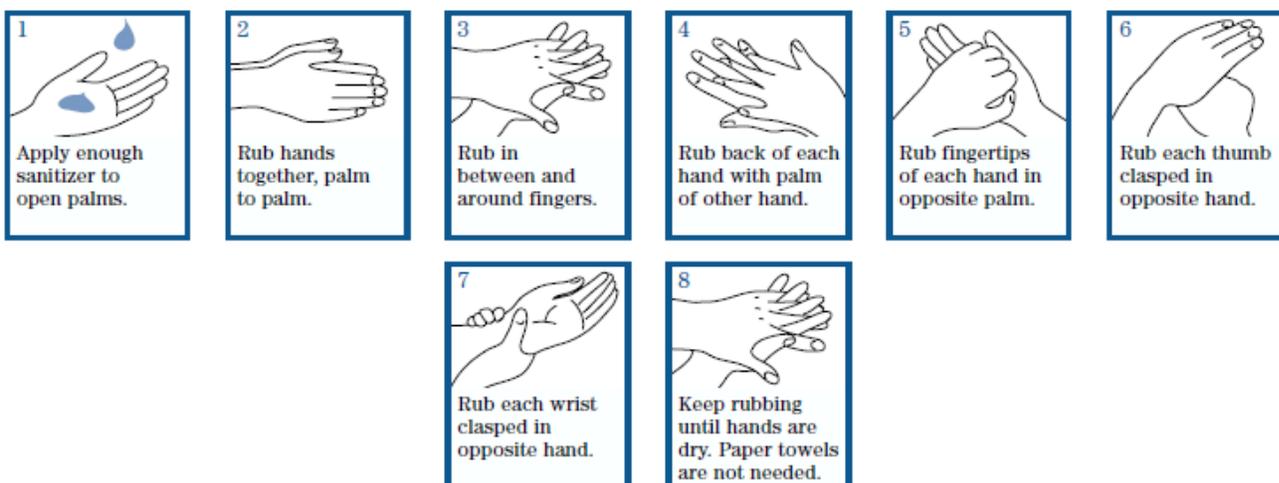
- Keep nails short.
- Avoid wearing rings.
- Avoid artificial nails or nail varnish.
- Remove watches and bracelets.
- Wash wrists and forearms if they are likely to have been contaminated.
- Make sure that sleeves are rolled up and do not get wet during washing.

If you have any questions regarding cuts, sores, allergies or pre-existing skin conditions, call Telehealth Ontario at 1-866-797-0000, TTY: 1-866-797-0007.

Handwashing with soap and water



Disinfecting with alcohol sanitizers



Be Prepared

