



## PROTECT YOURSELF FROM THE H1N1 FLU VIRUS

The H1N1 flu virus is different from regular seasonal flu. This is a new strain of influenza and humans have little to no natural immunity to it. The H1N1 flu virus has spread quickly around the world and in June 2009, the World Health Organization declared it a pandemic.

### Plan ahead

- ▶ Learn how to recognize the flu symptoms and when you need to see a health care provider.
- ▶ Get the H1N1 flu vaccine when it becomes available.
- ▶ Speak to your family and friends about how you can help each other during the flu season.
- ▶ Stock up on essentials such as pain and fever medications, and easy meals.
- ▶ Have important phone numbers, such as your doctor's or pharmacist's, on hand.

### Get your H1N1 Preparedness Guide

For more information, download or order your free H1N1 Preparedness Guide. It provides important information about protecting yourself and your family from the flu.

## KNOWLEDGE IS YOUR BEST DEFENCE

### To learn more about:

- ▶ How to get the H1N1 Preparedness Guide ▶ When to see a health care provider
- ▶ How to care for others who are sick ▶ The H1N1 flu vaccine

visit **[www.fightflu.ca](http://www.fightflu.ca)**

or call **1 800 O-Canada (1-800-622-6232)** TTY **1-800-926-9105**



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