



KNOW WHAT TO DO TO FIGHT THE H1N1 FLU VIRUS  
(HUMAN SWINE FLU)

**Flu symptoms are:**

**cough and fever, runny nose, sore throat, body aches,  
fatigue and lack of appetite**

**Continue to Protect yourself and others:**

- **Keep washing your hands often and/or thoroughly in warm, soapy water or**
- **Use hand sanitizer**
- **Cough and sneeze in your arm, not your hand**
- **Keep common surfaces and items Clean and disinfected**
- **Stay home if you're sick.**

**Contact a health care provider if your symptoms worsen**

**KNOWLEDGE IS YOUR BEST DEFENCE**

For general enquiries contact:

Six Nations Public Health @ (519) 445-2672  
Monday – Friday 8:30 a.m. – 4:00 p.m.

or

Health Canada @ 1-877-365-3623 (Toll Free)  
Monday to Friday 8:30 a.m. – 4:30 p.m.

or via email @

[H1N1-questions-Ont@hc-sc.gc.ca](mailto:H1N1-questions-Ont@hc-sc.gc.ca)

**(Responses to e-mail will be provided within one working day)**

**Updates will be provided regularly on the Ontario First Nations Pandemic Website  
@ [www.pandemic.knet.ca](http://www.pandemic.knet.ca)**