

H1N1 Prevention and Treatment – Frequently Asked Questions

How to protect yourself and others

Q1. What can I do to protect myself from infection?

The Public Health Agency advises Canadians to:

- ◆ Wash hands thoroughly with soap and warm water, or use hand sanitizer
- ◆ Cough and sneeze in your arm or sleeve
- ◆ Keep doing what you normally do, but stay home if sick
- ◆ Check www.fightflu.ca for more information
- ◆ Check www.voyage.gc.ca for travel notices and advisories
- ◆ Talk to a health professional if you experience severe flu-like symptoms

Q2. Should pregnant women take special precautions to protect themselves, such as avoiding crowds?

It's important that people continue their daily lives during the pandemic. PHAC doesn't recommend that pregnant women avoid going to work, or community social events if they are healthy. In other crowded situations that cannot be avoided, extra precautions should be taken such as frequent handwashing, to avoid picking up the virus. Pregnant women might consider carrying hand sanitizer for the same purpose.

NOTE: the full Public Health Agency of Canada H1N1 FAQ sheet can be downloaded here: [http://www.boilermaker.ca/downloads/Safety/H1N1/General Information - H1N1 flu virus - Public Health Agency of Canada.pdf](http://www.boilermaker.ca/downloads/Safety/H1N1/General%20Information%20-%20H1N1%20flu%20virus%20-%20Public%20Health%20Agency%20of%20Canada.pdf)

Source: *Public Health Agency of Canada, 2009.*