

What Are the Symptoms?



Pandemic flu is likely to cause the same symptoms as seasonal flu. The symptoms may be more severe because nobody will have any

immunity or protection against that particular virus. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can also have symptoms such as nausea, vomiting, and diarrhea.

What Causes Pandemic Flu?

Pandemics are caused by a new flu virus that is very different from any circulating strains. Few—if any—will have immunity to this new virus. This lack of immunity allows the virus to spread widely, easily, and to cause more serious illness.

Who is at Risk?

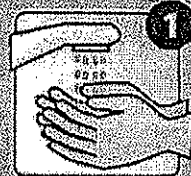
Once a flu pandemic starts, everybody will be at risk of catching pandemic flu.

How Does it Spread?

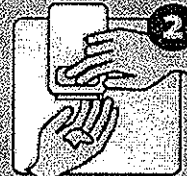
The virus spreads from person to person whenever someone who has the flu coughs or sneezes. You can also get the flu simply by touching a surface like a telephone or door knob that has been touched by someone who has the flu. If you have touched a contaminated surface, it can pass from your hand to your nose or mouth.



Hand Washing



WET HANDS



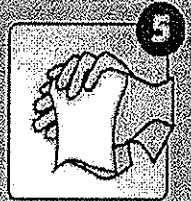
APPLY SOAP



WASH FOR
20
SECONDS



RINSE



DRY



TURN OFF
WATER WITH
PAPER TOWEL

For More Information

Visit the Ministry of Health and Long-Term Care website:

www.health.gov.on.ca/pandemic

Or call INFOline: 1-866-801-7242

TTY: 1-800-387-5559

Ontario TeleHealth: 1-866-797-0000

What You Should Know About Pandemic Flu



What Is Pandemic Flu?

A "pandemic" is a worldwide epidemic in which many people become sick and some may die. Certain types of flu viruses can spread quickly to most countries in the world and cause a flu pandemic. Unlike seasonal flu that occurs every winter in Canada, pandemic flu can occur at any time of year.

Three flu pandemics emerged during the twentieth century: the pandemic flu of 1918, the Asian Flu in 1957 and the Hong Kong Flu in 1968.

This pamphlet provides information about pandemic influenza (flu) and what you can do to reduce the effects of a flu pandemic on you, your family, and your community.