



**Kahnawà:ke Emergency
Preparedness & Planning**
Mohawk Council of Kahnawà:ke
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SWINE FLU INFORMATION

Kwe Kahnawa'kehró:non,

The following is **basic** information regarding the **H1N1 influenza virus**, commonly referred to as **Swine Flu**, and what you and your family should know to protect yourselves. Please share this information with your families, both extended and immediate.

1. As Kahnawa'kehró:non What should I worry/wonder/be curious about?

Currently the H1N1 influenza virus is not confirmed to be in Kahnawà:ke or at this point in Quebec.

2. Does that mean we are not susceptible to it?

NO. This is a virus that spreads quickly because it is an air borne virus. You should be curious and ask yourself:

- Do I have a fever and cough?
- Did I just return from vacation in Mexico?
- Has a family member just returned from Mexico who I've come in close contact with and now I'm feeling symptoms of the Flu?

Please see below for all symptoms of influenza

3. How will I know if the H1N1 virus is in Kahnawà:ke?

Kateri Memorial Hospital will inform the community if a case is confirmed in our community. Until that time, Emergency Planning will be taking measures to mitigate (lessen/prevent) the spread of suspicious cases (person who previously visited Mexico and is now showing signs of influenza).

4. I feel sick with fever and a cough and I think it's a flu, should I call Kateri Hospital?

Yes. Please call Kateri Hospital (450-638-3930) and inform the clinic and they will provide you further steps to take. If your family doctor is not at Kateri Hospital, then call the hospital where your family doctor practices. (i.e. Anna Laberge, Montreal General, etc) They may want you to take further precautions prior to arriving at the hospital.

5. What can I do to prevent myself from getting influenza?

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to mainly spread through person-to-person, through coughing or sneezing of infected people.
- If you get sick, the Center for Disease Control recommends that you stay home from work or school and limit contact with others to keep from infecting them. This should be a practice we have all year round.

6. What is in the pandemic plan that could affect me directly?

As an example, if we get a suspicious case of H1N1 influenza in our community and a school-aged child is involved, we will recommend closure of their school until there is confirmation of a negative test for H1N1 and no other illnesses are reported.

**Parents need to have a back-up plan if this were to take place. Day-care facilities will not be recommended.*

7. Is there anything I can do to prepare if this is the start of the Pandemic?

Yes. Follow the recommendations from **question #5** and ensure you have supplies for your family for 30 days. Supplies should include food, influenza symptom medicines (Tylenol for fevers, ginger ale, Pedialyte, etc), as well as some games to play at home.

Rest assured that Kahnawà:ke does indeed have a Community Pandemic Plan. In fact, we have been planning for something like this for the last 4 years. The Emergency Preparedness & Planning (EPP) team will be taking strong proactive measures to lessen the spread of this virus to our community members. We are all family so it is in everyone's best interest that we all care for each other.

The EPP team will be doing everything they can to prepare, prevent, assist, and respond to this issue. If you have any questions or concerns, please feel free to contact Kellyann Meloche or Wihse Stacey at Emergency Preparedness & Planning by calling 450-632-0635 or dropping in at the Community Protection Unit located near the Services Complex (the old Peacekeeper Station).

**** For updates, stay tuned to K103 Radio (103.7 FM) and online at www.kahnawake.com . ****

Thank you, and please ***be prepared***.

Kellyann Meloche,
Emergency Planning Manager