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NEWS RELEASE

Evidence of Influenza A / H1N1 in Kahnawà:ke

For immediate Release

(Kahnawake – 21, Kenténha / October 2009) The Kahnawake Influenza Pandemic Planning Committee (KIPPC) would like to inform the community that it is now confirmed that AH1N1 is circulating in Kahnawake. The KIPPC is asking all who have flu-like symptoms (such as fever, sore throat, cough, aches and pains, and children under 5 may present with gastro - nausea, vomiting and diarrhea) to **stay home** and take care of this flu as they would with any other flu.

"There is no need to panic. It is important that the community understand this is an otherwise mild flu that we are dealing with, and patients should stay home and treat as they would treat any other flu," stated Dr. Jones of the KIPPC. "Get some rest and drink plenty of fluids."

It is recommended that people with these symptoms stay home and away from work, school and public gatherings for 7 days from the onset of symptoms in order to prevent the spread of the virus. **If you have had contact with someone who has the flu or flu-like symptoms there is no need to alter your everyday activities.** However, we do ask that you be more aware in monitoring yourself for fever. If a fever should present itself then follow the above recommendations.

It is important to note that some groups of people are at higher risk for complications because of their age or state of health. Seek medical attention if you are a part of a higher risk group including very young children (under 2 years of age), elderly people (65 years and older), pregnant women and people with chronic diseases.

If you have any questions please call the Kahnawake Influenza Information Line at (450) 638-4112, Info-Santé at 8-1-1 or consult us online at www.kahnawake.com/flu or www.fightflu.ca .

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