



Heartland Health Region

Healthy People, Healthy Communities, and Service Excellence in an Enduring Health System



Public Health Bulletin

Date: March 7, 2016

Respiratory Illness (Influenza) Circulating throughout the Province

Over the past four weeks there has been a noted increase in cases of respiratory illness in the province and also in the Heartland Health Region. Many people who are becoming ill are healthy adults who are not immunized. There have been a significant number of otherwise healthy adults that have become severely ill with influenza with the majority of the intensive care unit admissions being otherwise healthy working adults.

If you haven't received your flu shot yet it is still available for you. Influenza vaccination public programming will be available until the end of March. The region is encouraging those who have not received their vaccine to get it as it is well matched with the current circulating strains. You can contact your local public health office, your local pharmacy or your physician to get your vaccine.

There are other respiratory viruses including rotavirus and parainfluenza that are also circulating in our communities. For all respiratory illness it is important to remember additional infection control measures that are important in preventing spread of illness, such as staying home if you are ill, covering your cough and using appropriate hand hygiene practices.

Even if you have mild respiratory illness symptoms (i.e. cough, chills, runny nose) avoid visiting people in hospitals and long term care homes as mild illness in you could become a severe illness in someone with other medical issues. Even mild forms of the illness can be very harmful to a predisposed person who is not in the best health.

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Media: To arrange interviews contact LeAnne Paproski, Communications Coordinator, (306) 882-4111, ext. 233

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