



## Government of Yukon

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# HEALTHalert

FOR RELEASE #09-174  
 July 23, 2009

### More Cases of H1N1 Flu Virus Confirmed in Yukon

WHITEHORSE – Yukon's Medical Officer of Health Dr. Brendan Hanley today announced there are two more laboratory confirmed cases of H1N1 in the territory. This brings the territory's case count to three.

"We have received confirmation that two individuals, one adolescent male and one middle-aged female have H1N1 flu virus," Hanley said. "Neither of these patients was hospitalized and both are recovering at home."

Symptoms of almost all the Canadian cases have been mild. However, like seasonal influenza, H1N1 is a disease that can occasionally lead to serious illness. Hanley said that for this reason the spread of H1N1 in Yukon will be closely monitored and his office will work with health-providers to manage cases and contacts according to current guidelines.

Symptoms are similar to seasonal flu including cough, fever, headache, sore throat, fatigue, muscle aches and runny nose.

"Hand washing is the single most important way to avoid getting the flu," Hanley added. "We can help protect each other by washing our hands frequently and thoroughly, and by coughing or sneezing into our elbows."

Yukoners who contract flu-like symptoms should stay home, stay out of the workplace, self-isolate, and rest for the longer of either seven days or 24 hours after resolution of their fever and other symptoms. Anyone whose flu-like symptoms get worse and who wishes to be seen by a health care provider should call ahead first, or call the Yukon HealthLine at 811.

People who are at high risk of complications from flu-like illness should seek medical attention promptly. This includes pregnant women, people with underlying medical conditions such as diabetes, or those with compromised immune systems.

Hanley said he anticipates that Yukon's case count will now increase as these two new cases demonstrate community-related rather than travel-related spread.

"We will not report new cases regularly, other than posting them online at [www.hss.gov.yk.ca](http://www.hss.gov.yk.ca), but we will inform the public about any clusters or unusual events," Hanley said.

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