



BIS Participants, Family Members and Staff:

We know you have heard a lot about the H1N1 and seasonal influenza virus and may have concerns about how best to keep yourself and family safe.

If you or your family member experience flu-like illness (cough and/or fever, and one or more of sore throat, head/joint/muscle aches, and unusually tiredness), you should stay home and not attend BIS programs until you are feeling well enough to resume normal activities. This is the most important step to take to prevent spreading the influenza virus.

It may be useful for you to think ahead about how you would handle caregiving and transportation arrangements in this situation, if required.

Prevention is the best way to protect yourself and your family from becoming infected. That includes:

- washing your hands thoroughly and often (soap and water is preferred but if it's not available, use hand sanitizer),
- coughing or sneezing into your sleeve or arm,
- avoiding touching your eyes, mouth and nose with your hands,
- thoroughly cleaning common surfaces (counters, door knobs, light switches, etc)
- speaking with your physician about the H1N1 vaccine
- remaining at home when feeling unwell

We appreciate your assistance in keeping our BIS community well this season. If you have any questions or would like further information, please feel free to contact the Simcoe Muskoka District Health Unit at 877.721.7520.

Best Regards,

Brain Injury Services Muskoka • Simcoe