

## Influenza-like Illness 2009 Ambulatory Care Patient Information Sheet

Pandemic influenza (H1N1) 2009 continues to circulate in Alberta. In order to prevent spread of this virus to other patients and staff, we are screening all patients to determine if they have signs and symptoms of influenza-like illness. When patients are found to be ill with influenza symptoms, sometimes their appointments need to be postponed until they are well.

If the decision has been made to postpone your/your family member's appointment today, we will rebook appointment before you leave or you can contact us to rebook once you/your family member feel better.

*Since you/your family member have influenza-like illness symptoms (such as new cough, fever, sore throat, runny nose, joint/muscle pain, exhaustion) we are recommending that you go directly home. Public Health recommends that people with influenza-like illness stay at home for seven days after symptoms started. Avoid contact with persons from outside the home AND limit contact with household members. It is important for all to use good hygiene, especially covering coughs and sneezes and cleaning hands frequently. Do not share personal items such as towels and increase cleaning of surfaces that are often touched in your home.*

*If your symptoms get worse, or you are not recovering, call Health Link Alberta for medical advice or your doctor for an appointment.*

**Alberta Health Link at 403-943-LINK (5465)**  
**Toll-Free 1-866-408-LINK (5465)**

We apologize for any inconvenience. Thank you for your cooperation in this matter.