

H1N1

Prevention is key!

Do NOT come into the clinic if you are sick and do NOT bring anyone with you, to the clinic who is sick. Please call the clinic at 705-727-7660 and re book your appointment.

All these web sites can be accessed through the "Links" page on our web site.

Please read the H1N1 guide from the Public Health Agency of Canada http://www.phac-aspc.gc.ca/alert-alerte/h1n1/guide/pdf/h1n1_guide-eng.pdf for ways to prevent an H1N1 infection and preparation for flu season.

The Barrie Midwives, as per the recommendations of the Public Health Agency of Canada and the Ministry of Health and Long Term Care, recommends the H1N1 vaccine to all pregnant woman and women up to 6 weeks postpartum.

The Health Unit in Barrie will have vaccine clinics starting November 3 please go to their website for a list of clinics, <http://www.simcoemuskokahealth.org/Promos/HumanSwineFlu.aspx> or you can see your family doctor.

For information about the vaccine please refer to Guidance Document on the Use of Pandemic Influenza A (H1N1) 2009 Inactivated Monovalent Vaccine October 21, 2009" <http://www.phac-aspc.gc.ca/alert-alerte/h1n1/vacc/pdf/monovacc-guide-eng.pdf>

For information about the adjuvant vs the non adjuvant vaccine <http://sogc.org/h1n1/factsheet/forH1N1UpdateAdjuvantVsNonAdjuvantVaccine091020-Final.pdf>

Barrie midwives recommends all women who are greater than 20 weeks gestation up to 6 weeks postpartum receive the first available vaccine.

Women who are less than 20 weeks gestation who have risk factors should also receive the first available vaccine. Risk factors include but are not limited to: Blood disorders, obesity, asthma and chronic lung disease, diabetes. For a complete list of risk factors please refer to the H1N1 guide from the Public Health Agency of Canada http://www.phac-aspc.gc.ca/alert-alerte/h1n1/guide/pdf/h1n1_guide-eng.pdf

Please see the above website and/or attached page for a list of signs and symptoms of H1N1 or follow the Self Assessment tool at: <http://www.health.gov.on.ca/en/ccom/flu/h1n1/public/tools/assessment/default.aspx>

Other information,

Information for pregnant and breastfeeding women, <http://www.health.gov.on.ca/en/ccom/flu/h1n1/public/pregnant.aspx>

H1N1 information in other languages, http://www.health.gov.on.ca/en/ccom/flu/h1n1/public/fs_languages.aspx

IF YOU HAVE SIGNS OR SYMPTOMS OF H1N1 PLEASE PAGE YOUR MIDWIFE.

You may require a prescription for Tamiflu.