

# Vancouver Island Region

## H1N1 Community Preparedness Checklist

If anyone is experiencing shortness of breath or having difficulty breathing, see a health professional right away

### ARE YOUR COMMUNITY MEMBERS PREPARED?

- Have you informed your community of basic preventative measures? (Wash hands with soap and water; sneeze/cough into your sleeve and not your hands, throw away used tissues, ensure household surfaces are kept as clean as possible.)
- Are your members familiar with influenza symptoms? (Fever, cough, headaches, runny nose, sore throat, body aches, and fatigue.)

### IS YOUR PANDEMIC PLAN READY?

- Has your community created a community pandemic plan? Does it include communication methods and locations? (For example: Internet, videoconferencing, transport to major centre)
- Has your pandemic plan been reviewed and tested in the last 12 months?
- Have you shared your plan with your health team, community leaders, and Regional Health Authority?
- Have you built partnerships with neighbouring communities and your regional health authority to expand your support network?

### WHAT SHOULD I DO IF THERE IS A CASE IN MY COMMUNITY?

If there is a suspected H1N1 case in your community – Have the individual call your local health centre/health services office before going in for care. If anyone is experiencing shortness of breath or having difficulty breathing, see a health professional right away.

If there is a confirmed individual case in your community – Have that individual stay home if possible and in their own room, limiting contact with others as much as possible to avoid spread of the virus.

### WHAT SHOULD YOU DO IF THERE ARE MULTIPLE CASES IN YOUR COMMUNITY?

If there are multiple confirmed cases in your community be in touch with your Medical Health Officer and resist holding community meetings or large gatherings where virus could spread.

### CONTACTS

*If you are experiencing flu symptoms please contact:*

**Non-emergency HealthLink**

**811**

**Community Health Services**

**Local Hospital**

*If your community is experiencing multiple cases of H1N1 please contact:*

**Communicable Disease Unit**

**1-250-388-2225**

**Medical Health Officer**

**1-800-204-6166**