

TO: Media

RE: First Influenza Outbreak in Peterborough County and City

DATE: March 24, 2009

The Peterborough County-City Health Unit is investigating the first laboratory confirmed influenza A outbreak in a long term care facility this season. The outbreak was reported on Friday March 20, 2009. Sub typing results received yesterday has confirmed the strain as "H3N2", which can be prevented and treated by the antiviral Tamiflu. The Health Unit has recommended control measures to minimize the spread of influenza within the facility.

A total of 19 influenza cases in Peterborough County and City have been confirmed this year to date.

The Ontario Influenza Bulletin, issue 10, reports that the National Microbiology Laboratory has characterized 596 viruses received from specimens taken all over Canada. The A strains are similar to the components in this year's vaccine. Most of the B strains characterized are similar to the strain in last year's vaccine.

The Health Unit recommends that you:

1. get vaccinated (call the Health Unit at (705)743-1000 ext. 301 to book an appointment or call your physician or nurse practitioner);
2. stay home if you are unwell; and
3. increase hand hygiene

For more information, call (705)743-1000.

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Contact:

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