



THE JOHN MCKAY REPORT

Liberal

Member of Parliament
Scarborough-Guildwood

Volume 17 Issue 1

FLU SEASON 2009 - EXTRA CARE FOR YOUR FAMILY

This is the time of year when one or more family members begin to cough and sneeze, have a high temperature and generally feel miserable. We call it “the flu” and usually let it run its course. However a new strain, H1N1, has emerged all over the world, and health authorities are warning that it may spread even more. The federal Liberal Health critic is Dr. Carolyn Bennett, who has written the following advice:

WASH YOUR HANDS!

There is a definite link between hand washing and flu prevention. NEVER BEFORE has hand washing been more important! Wash your hands regularly with soap. No less than 20 seconds One full chorus of Happy Birthday to You.... will do it.

USE DISPOSABLE TISSUES

If you cough, sneeze, or blow your nose, please use disposable tissues and ensure that contaminated materials, e.g. tissue, is disposed of in a litter bin. After every use of a tissue, make sure to wash your hands with soap. If you are without a tissue, cough or sneeze into your shoulder. And at all times you should avoid touching your nose, eyes and face.



KEEP YOUR DISTANCE

Keeping your distance means: keep a distance of at least one metre from person to person, avoid gatherings of people, refrain from shaking hands, and where possible, avoid using elevators.

We all know some of the symptoms of the flu: fever, cough, and muscle aches. If you have the flu drink lots of fluids, take Tylenol and STAY AT HOME.

PHONE BEFORE GOING TO THE DOCTOR

Do not go to your family doctor without phoning first. There may be certain hours or locations for sick people. Those in for baby checkups and

pregnant women should not share a waiting room with people with the flu.

SHORTNESS OF BREATH IS NOT A SYMPTOM

If you are experiencing shortness of breath, seek medical attention ASAP. Those with chronic conditions should see their doctor now to discuss the possibility of getting a prescription for Tamiflu to use at the first signs of flu. Pregnant women should discuss this with their doctors too.

IMMUNIZATION IS YOUR DECISION

Though we are encouraging Canadians to get immunized, this is not mandatory, and we will not be forcing people to get them.

PREPARE WITH MEDICAL SUPPLIES

Families should have medicines, non-prescription drugs, and other health supplies (e.g. fluids with electrolytes

like Gastrolyte, acetaminophen, prescribed medical supplies such as glucose monitoring equipment) on hand.

HAVE HEALTH RECORDS AVAILABLE

Families should use this time to record all health information for each member in case of a trip to a flu clinic that doesn't have your health records available.

*Visit the Public Health Agency
of Canada's flu website - www.fightflu.ca
or call their hotline at 1-800-454-8302*

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