



Health and Healthy Living  
Public Health Division  
Office of the Chief Public Health Officer  
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As a result of reported outbreaks of severe respiratory illness and human swine influenza in Mexico and other countries, including the United States and Canada, provincial and regional health officials are closely monitoring for signs of these illnesses here. To date, no cases have been reported in our province.

While we work with front-line health care workers, regional health authorities and national experts, we are asking for your help to limit the spread of illness and protect public health by sharing this information at your location. As with any infectious respiratory disease, Manitobans are encouraged to use these routine precautionary measures:

- **Cover your cough** by coughing into your elbow or sleeve or using a tissue to cover your nose and mouth when you cough or sneeze.
- **Wash your hands** often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.

If you have symptoms of a respiratory infection:

- **Stay home** from school or work and limit contact with others to keep from infecting them.
- **Reduce the spread of germs**, by avoiding touching your eyes, nose or mouth and by washing your hands frequently.
- **Contact your health-care provider** if you are concerned that you may need care.

For personal advice on self-care or when to seek further care, Manitobans can phone Health Links–Info Santé at any time at 788-8200 or toll-free at 1-888-315-9257. For links to more information, visit the website at [www.gov.mb.ca/health/publichealth](http://www.gov.mb.ca/health/publichealth). Thank you for your anticipated cooperation.

Sincerely,

Dr. Joel Kettner  
Chief Provincial Public Health Officer