



Public Health Bulletin

Heartland Health Region

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For Immediate Release

To Regional Staff and Physicians, Heartland Health Region

From: Dr. David Torr, Consulting Medical Health Officer

Respiratory Illness in Heartland Health Region

A respiratory illness outbreak has been declared in the *Biggar and District Health Centre Long Term Care*, effective *January 26, 2017*. Currently the *Biggar and District Health Centre* is the only facility in the region with outbreak precautions in place and the staff have been working diligently in applying optimal infection prevention and control precautions which include:

- Visitor restrictions are in place and visitor restriction notices have been posted at patient doorways.
- Patients or residents who are ill with respiratory symptoms have been placed on respiratory precautions and will be restricted to their rooms until free from symptoms.
- Appropriate medication treatment or prophylaxis has been initiated.
- Admissions, transfers and discharges are affected and will be triaged.

All staff need to remain vigilant in preventing infections in our facilities and communities, as well as the following:

- If you are ill, stay at home, contact your doctor if symptoms are severe.
- Cover your cough,
- Wash your hands thoroughly, properly and frequently, particularly before and after patient/client care, washroom use, blowing your nose, and after touching surfaces.
- It is not too late to get your flu shot. Call your local public health office to schedule a time to get one.

For more information, contact:

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