

## Do you really know what the flu is? - Southlake

This week Southlake dispels the biggest myth about the flu.

At Southlake, we continue to see high numbers of patients with the flu, and by flu, we don't mean stomach bugs.

We have heard some confusion about the difference between stomach bugs (norovirus) and the real flu ? influenza (the flu in your lungs). These two illnesses are not the same. In fact, influenza (the flu in your lungs) is far more serious.

According to Health Canada, influenza (the flu in your lungs) kills an estimated 3,500 people in Canada each year and results in more than 12,000 people being admitted to hospital.

That's why we encourage everyone to get a flu shot to help prevent getting influenza (the flu in your lungs). We also want to remind people to wash their hands often and look for the signs and symptoms of influenza (the flu in your lungs).

Flu symptoms include:

Fever or feeling feverish/chills

Cough

Sore throat

Runny or stuffy nose

Muscle or body aches

Headaches

Fatigue (tiredness)

We continue to see high volumes of patients this week. To keep our patients, visitors and staff safe, we are taking the following additional steps:

If you need to visit our Emergency Department, please limit the number of people with you to one person who can help you. We don't want it to be more crowded than it needs to be and we don't want anyone to catch the flu when they are at Southlake.

Everyone in the Emergency Department, including patients and visitors, needs to wear a protective mask and clean their hands often.

For everyone's protection, our staff are wearing masks with eye shields and may even be wearing a gown over their clothes.

Look for Southlake updates in this paper or online each week. If you have any questions, please email [corporatecommunications@southlakeregional.org](mailto:corporatecommunications@southlakeregional.org).