

H1N1 Fact Sheet

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Tips for Building Family, Friends and Community Supports During the HINI Pandemic

Contact with family, friends, co-workers and community is very important during times of high stress such as a pandemic.

The following is a list of suggestions for maintaining a social and community support system during a pandemic influenza. This will not only increase your ability to cope during a pandemic, but will also provide assistance to those in your community who may be in greater need of support:

- Talk openly to your family and friends. Encourage them to get the flu vaccine and monitor them for signs of flu-like symptoms
- Spend time with loved ones to answer their questions as best you can, and to give and gain reassurance, support and encouragement
- In the event you become ill, ensure you have a plan in place for children or seniors in your care. This plan may need to be in place for several days or more and you should be able to put it in place quickly
- If you are involved in a community group or organization, maintain contact with them and assist with any volunteer activities that could help with those in need
- Create a check-in system including telephone or email contact with those in the community who may be more vulnerable or have fewer social supports such as:
 - people living alone
 - single parents
 - seniors
 - recent immigrants
 - those with disabilities
 - those with pre-existing illnesses (mental and/or physical)

Seek professional support when needed. For help with mental health problems, call the mental health program at your local district health authority and/or your health centre if you live in a First Nation community.