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How to Plan and Prepare for Influenza Pandemic

Simcoe County has excellent resources and information on planning and getting prepared in case H1N1 affects you and your family. [Click here](#) for an excellent guide to thinking ahead to ensure you are fully prepared to care for your family in the event of changes to your family's health due to pandemic H1N1. In addition to the list of materials and supplies listed in the guide, we suggest you also ensure you have on hand:

- Fever medication such as acetaminophen (Tylenol and others) or ibuprofen (Advil, Motrin and others). Children under 18 years of age should NOT TAKE Acetylsalicylic acid (ASA) or any products containing ASA. Talk to your Pharmacist for specific advice.
Thermometer
- Plenty of fluids (for example, juices, water, soups), tissues, soap, water and hand sanitizers
- Contact numbers for Your Health Connection (705-721-7520 or 1-877-721-7520), TeleHealth (1-866-797-0000), your family physician, the G&M Hospital (705-445-2550) and any resources available through your own employer.

Make arrangements for alternative childcare should schools, daycares or your private babysitter not be available due to closure or illness.