



THE MUNICIPALITY OF

KINCARDINE

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HEALTH EMERGENCIES

Health emergencies can arise through the spread of infectious diseases or due to food and water contamination.

If you or a family member develop symptoms and you have questions, call Telehealth Ontario: 1-866-797-0000. If symptoms are severe or develop suddenly contact your family doctor or health care professional immediately.

Food and Water Contamination

- do not consume food if you suspect that it may not be safe and watch the media for food recalls
- if your water comes from a private well, the Health Unit recommends testing it at least three times each year
- if the Health Unit issues a boil water advisory, water needs to be brought to a full boil for 1 minute to kill disease-causing organisms

Influenza and Disease Outbreak

Influenza is one respiratory infection of the lungs and airways that is spread by a virus. Flu season usually runs from November until May and peaks in December. You can protect yourself and keep it from spreading by taking some precautions.

Prevention tips for seasonal influenza and disease outbreaks

- get the flu shot (for influenza)
- wash hands frequently with soap and water
- use alcohol-based hand-sanitizers
- cover your mouth and nose when sneezing or coughing
- avoid rubbing your eyes, nose and mouth
- regularly clean and disinfect high-use surfaces at home and work
- if you are sick, stay home to prevent spreading the disease to others



Keep your immunizations up to date