

## Key H1N1 Influenza Information Resources at Your Fingertips

Education in the form of identifying valid information resources may be a potential solution to the current aura of confusion and misinformation surrounding the H1N1 influenza pandemic. B.C.'s health librarians have collaborated to provide members of the public with some quality-filtered information resources that can be readily accessed. **Please feel free to use this resource at your reference desk or other library information service point.**

### Health Authorities' Information Resources

Anyone can access the information that is available from health authority websites, which usually include **clinic locations** where the influenza vaccine is available:

- Fraser Valley [www.fraserhealth.ca](http://www.fraserhealth.ca)
- Interior Health [www.interiorhealth.ca](http://www.interiorhealth.ca)
- Northern Health [www.northernhealth.ca](http://www.northernhealth.ca)
- Provincial Health Services [www.northernhealth.ca](http://www.northernhealth.ca)
- Vancouver Coastal [www.vch..ca](http://www.vch..ca)
- Vancouver Island [www.viha.ca](http://www.viha.ca)

### Government Agencies – Federal, Provincial, International

Various government agencies and ministries provide valuable information on their websites. The resources listed below cover **a broad range of topics** including symptom checkers, information about influenza vaccine priority groups, advice to pregnant women, information about adjuvants contained in the vaccine, and more.

- HealthLinkBC – Health Information you can trust 24/7 or Dial "811"  
[www.healthlinkbc.ca/h1n1.asp](http://www.healthlinkbc.ca/h1n1.asp)
- BC Ministry of Health Services [www.gov.bc.ca/h1n1](http://www.gov.bc.ca/h1n1)
  - + Ministry of Health **Flu Clinic Locator**: <http://www.health.gov.bc.ca/flu/>
- BC Centre for Disease Control [www.bccdc.ca/dis-cond/a-z/h/HumanSwineFlu](http://www.bccdc.ca/dis-cond/a-z/h/HumanSwineFlu)
- Public Health Agency of Canada [www.phac-aspc.gc.ca/alert-alerte/h1n1](http://www.phac-aspc.gc.ca/alert-alerte/h1n1)
- World Health Organization [www.who.int/csr/disease/swineflu](http://www.who.int/csr/disease/swineflu)

### Periodical Articles Freely Available on the Internet on Influenza:

The following selected articles are available on the Internet, and are **written for the general public**. The periodical publishers offer these and other topics specifically for patients and are freely available on the Internet. To locate these articles, visit the publisher website.

- JAMA patient page: Influenza. JAMA, November 4<sup>th</sup>, 2009 Vol 302 No. 17 p. 1926.  
<http://jama.ama-assn.org/cgi/content/full/292/17/2182>
- Influenza and the influenza vaccine. CMAJ Canadian Medical Association Journal, Oct 23, 2007, 177 No. 9, p. 1028. <http://www.cmaj.ca/cgi/content/full/177/9/1028>
- Information from your family doctor. Colds and the flu: tips for feeling better. American Family Physician, Oct 1, 2006, Vol 74 No. 7, p. 1179-80.  
<http://www.aafp.org/afp/20061001/1179ph.html>

## **Other Valuable Resources**

- **CBC Cross Country Checkup** October 25<sup>th</sup> with Dr. Michael Gardam, Director of Infectious Disease Prevention and Control at Ontario's Public Health Agency. Dr. Gardam answers all your questions about the H1N1 influenza. [www.cbc.ca/checkup/archives.html](http://www.cbc.ca/checkup/archives.html)

- **Center for Medical Consumers**

This Internet resource, which was founded in 1976 by a nonprofit organization, is dedicated to helping consumers make informed choices about medical treatment. This unique site reports on medical treatments based on scientific research and is not influenced through corporate donations. [www.medicalconsumers.org](http://www.medicalconsumers.org)

- **UpToDate for Patients**

Patients now have access to information on UpToDate to learn more about a medical condition and to better understand treatment options. Check out this site for other topics also. [www.uptodate.com/patients/index.html](http://www.uptodate.com/patients/index.html)

- Vancouver Coastal Health Authority's **Look After Yourself: Pandemic Self-Care Guide** [http://vch.ca/media/Look\\_after\\_yourself.pdf](http://vch.ca/media/Look_after_yourself.pdf)

- **White Paper on Novel H1N1**, by John M. Barry, Massachusetts Institute of Technology, 2009. An interesting study on the H1N1 virus as well as a historical overview of previous pandemics, and virus behaviour. <http://esd.mit.edu/WPS/2009/esd-wp-2009-07-072709.pdf>

## **Further Research Needed?**

For further research, try the following **key databases that are available free of charge on the Internet:**

- **MedlinePlus** [www.nlm.nih.gov/medlineplus/h1n1fluswineflu.html](http://www.nlm.nih.gov/medlineplus/h1n1fluswineflu.html)

MedlinePlus was developed by the US National Library of Medicine **to be used by members of the public, especially those without medical training.**

- **PubMed** [www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed)

PubMed is the database from which Medline is derived and is available freely on the Internet. PubMed has created a **link to current articles on H1N1:**

[http://www.ncbi.nlm.nih.gov/pubmed?term=\(swine+OR+H1N1\)+AND+\(flu+OR+influenza+OR+virus+OR+outbreak+OR+pandemic\)+AND+"last+6+months"\[edat\]](http://www.ncbi.nlm.nih.gov/pubmed?term=(swine+OR+H1N1)+AND+(flu+OR+influenza+OR+virus+OR+outbreak+OR+pandemic)+AND+)

PubMed includes some links to articles that are available free of charge on the Internet. Sometimes your local public or college library can obtain articles for you that are not available free of charge.

- **Google Scholar**

Google Scholar does offer an advanced search capability that is less exacting than PubMed, and will also link to free articles where available. Access Google Scholar through the **Advanced Settings feature** on the Google home page.

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