



H1N1 INFLUENZA (FLU) and YOU

WHAT IS H1N1 INFLUENZA?

The term pandemic influenza refers to a worldwide spread of a new influenza virus. The current virus of concern is the H1N1 virus. Because it is new, most people do not have immunity to it. It is a respiratory illness that causes symptoms similar to those of seasonal flu.

HOW IS H1N1 INFLUENZA SPREAD?

It is believed that it spreads the same way as regular seasonal flu. Influenza and other respiratory infections go from person to person when germs released from coughing and sneezing enter the nose and / or throat. Germs can also rest on hard surfaces like counters and doorknobs, where they can be picked up on hands and transmitted to the respiratory system when someone touches their mouth and/or nose.

WHAT ARE THE SYMPTOMS?

The symptoms include:

- Sudden Fever (100.4°F / 38°C);
- Cough;
- Runny nose;
- Sore throat;
- Body aches;
- Fatigue / physical exhaustion; and
- Lack of appetite.

In some cases, these symptoms are accompanied by vomiting and diarrhea.

HOW DO I PROTECT MYSELF AND OTHERS?

The Province of Manitoba through the Manitoba Health and Health Living (MHHL) recommends the following precautions:

- Cover your cough by coughing into your elbow or sleeve or use a tissue to cover your nose and mouth when coughing or sneezing.
- Wash your hands often with soap and water, especially after coughing or sneezing. Hand sanitizers are also effective.
- Reduce the spread of germs by limiting touching your eyes, nose or mouth and by washing your hands frequently.
- Maintain your health by taking care of yourself and those in your care including eating a healthy balanced diet, avoiding cigarette smoke and other harmful substances, being active and getting enough rest and sleep.

WHAT SHOULD I DO IF I GET SICK?

If you have symptoms of a respiratory infection, you should:

- Stay home from school or work and limit unnecessary contact with others.
- Contact your health-care provider or visit your nearest health-care centre if you are concerned that you may need care – especially if your symptoms are severe or worsening (e.g. shortness of breath, dehydration, or worsening fever, cough or weakness).
- Should major disruptions to University activities occur as a result of a pandemic, the course content, marks breakdown and other provisions in course outlines may be adjusted as the circumstances warrant.

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Students seeking medical advice can contact University Health Service (UHS) by calling (204) 474-8411 or visit their web site: www.umanitoba.ca/student/health.

For personal advice on self-care or when to seek further care, those who cannot contact their primary health-care provider can phone Health Links—Info Santé at any time at 788-8200 or toll-free at 1-888-315-9257.

IF I AM SICK CAN A PROFESSOR / INSTRUCTOR ASK ME TO LEAVE THE CLASS?

Yes, if you have influenza symptoms your professor or instructor can ask you to leave the class and not return until your symptoms are gone. If this occurs professors / instructors have been asked to accommodate and be flexible to allow you to complete your course work.

DO YOU HAVE A STUDY BUDDY?

If you are unable to attend class do you have a Study Buddy within your class that will share notes and hand outs after you have recovered. If you do not have a Study Buddy please ask a classmate to become yours. And if you are asked to be a Study Buddy please assist your fellow student because you may need their help if you are ill.

DO YOU HAVE A HEALTH BUDDY?

Many of our students come from other provinces and other countries, which means they are away from their support network of friends and family. If you are in this situation please make friends with someone who can be your Health Buddy. A Health Buddy is someone who will keep in touch with you regularly to see if you are healthy and if they cannot reach you they would be expected to find you to ensure you are healthy or to find out if you need assistance.

WHAT IS THE UNIVERSITY OF MANITOBA DOING ABOUT H1N1?

The University of Manitoba has been involved in pandemic planning and has developed an institutional plan. Deans, Directors, and Heads of Administrative Units have also been requested to develop their own unit plans. A Pandemic Planning Committee is actively involved in overseeing and communicating the planning activities, which includes an awareness campaign and provision of hand sanitizing stations.

The primary method of communication will be via the University of Manitoba's web site, visit www.umanitoba.ca and follow the H1N1 Flu Virus link.

WHAT ELSE DO I NEED TO KNOW?

- Faculty specific instructions will be coordinated and communicated through faculty specific dean's offices.
- Internet resources include:
 - U of M pandemic planning web site: www.umanitoba.ca/pandemic;
 - Province of Manitoba: www.gov.mb.ca/flu;
 - Public Health Agency of Canada (PHAC): www.fightflu.ca;