

# H1N1 INFLUENZA

## HOW DO I PROTECT MYSELF AND OTHERS?

- ▶ Cover your coughs and sneezes with your elbow or tissue.
- ▶ Wash your hands often with soapy water.
- ▶ Or use an alcohol based hand sanitizer.
- ▶ Avoid touching your eyes, nose, and mouth.
- ▶ Maintain a healthy diet and exercise regularly.



## WHAT ARE THE SYMPTOMS?

- ▶ Sudden fever (100.4°F / 38°C), along with flu-like symptoms.

## DO YOU HAVE A STUDY AND HEALTH BUDDY?

- ▶ Ask a classmate to be your **Study Buddy** that will share notes/handouts.
- ▶ Ask a friend to be your **Health Buddy**, they will keep in touch regularly to see if you're healthy. If they cannot reach you they would be expected to find you to ensure you are ok or to find out if you need assistance.

## WHAT SHOULD I DO IF I GET SICK?

- ▶ Stay home.
- ▶ Visit your health care provider or call **Health Links** at 788-8200.
- ▶ Your professor or instructor can ask you to leave the class and not return until your symptoms are gone.

## QUESTIONS? MORE INFO?

- ▶ Visit [umanitoba.ca/pandemic](http://umanitoba.ca/pandemic)

