

WHAT ELSE DO I NEED TO KNOW?

- The risk of fatality from H1N1 is currently less than that of the general population for the regular seasonal flu, even for people most at risk for contracting the virus.
- The seasonal flu shot is not expected to protect you against the H1N1 flu virus.
- A vaccine is expected to be available in late November via public health clinics.
- Antiviral medications are available in limited amounts for those who are particularly ill or at particularly high risk.

Find out more – go to www.trentu.ca/fluupdates

If you would like to talk to someone about your symptoms, call Telehealth Ontario at 1-866-797-0000 or contact your health care provider.



LEARNING TO MAKE
A WORLD OF DIFFERENCE™

www.trentu.ca/fluupdates



To view this document in an accessible format, please visit www.trentu.ca

The H1N1 FLU and YOU



WHAT IS H1N1?

The H1N1 flu virus (swine flu) is a strain of influenza A that usually affects pigs, but may also make people sick. It is a respiratory illness that generally causes mild disease.

HOW DOES IT SPREAD?

Like other flu viruses, the H1N1 flu is spread mainly from person to person through coughing or sneezing. Sometimes people are infected by touching something with the flu virus on it and then touching their mouth or nose.

WHAT ARE THE SYMPTOMS?

- Fever over 100°F/37.8°C
- Weakness/fatigue
- Lack of appetite
- Coughing
- Sore throat

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

HOW DO I PROTECT MYSELF & OTHERS?

Healthy employees and students are expected to come to work and classes as normal. To stay healthy, we recommend the following precautions, not only at Trent, but in all aspects of your life:

- Wash your hands often and thoroughly in warm, soapy water or use hand sanitizer. Good hand hygiene is the best way to fight all flu viruses.
- Cough and sneeze into your sleeve or a tissue, not your hand. Dispose of used tissues immediately.
- Keep commonly touched surfaces and items clean and disinfected.
- Stay home if you're sick. Contact a health care provider if your symptoms worsen.



www.trentu.ca/fluupdates

WHAT SHOULD I DO IF I GET SICK?

Take care of yourself. We all need you to stay healthy.

- Get plenty of rest, drink lots of fluids and eat lightly
- Stay home 24 hours after your fever is gone
- Try not to infect others – cover your sneezes, making sure to wash your hands well and often
- If in need, or your condition worsens, seek medical care
- Find a flu buddy so you can take care of each other if one of you gets sick

If you are sick, stay home until you are well. Normal sick leave and academic provisions apply. Requests for additional time or accommodation should be discussed with your supervisor or professor.

WHO IS AT RISK?

To some extent, we are all at risk; but those at higher risk include:

- People with chronic health conditions (heart disease, asthma and other respiratory disorders, diabetes, cancer, anemia, immune disorders, etc.)
- People with kidney disease
- Children 6-23 months of age
- Healthy pregnant women are no more likely to contract H1N1, but are more likely to experience severe complications, especially in the third trimester
- Aboriginal residents of northern and isolated communities

To date, it appears people over 65 are not as vulnerable to pandemic H1N1 as they are to seasonal influenza.

If you are at high risk, you are especially encouraged to practice good hygiene and seek medical attention if you become ill.

WHAT IS TRENT DOING ABOUT H1N1?

- We have a pandemic plan in place – you can see it at www.trentu.ca/fluupdates
- We are conducting an awareness campaign
- We are encouraging passive screening via posters
- We encourage the use of hand sanitizer – pumps have been installed throughout the University
- Health Services will continue to provide attention to students who are ill, and will give vaccines when they become available