



Flu Season Facts for Students: Be Prepared

Health officials around the world are anticipating an increase in the number of cases of (H1N1) 2009 influenza this fall. The University of Saskatchewan has teamed up with representatives from the city, the local health region, the public and separate school systems, and others to prepare for this possibility.

What measures has the U of S taken to help prevent the spread of (H1N1) 2009 influenza?

The university has provided both academic and non-academic units across campus with resources to assist them in preparing of plans designed to mitigate the impact of widespread illness on both students and staff. In addition, caretaking staff is performing precautionary cleaning procedures throughout campus buildings. For more, visit the university's influenza website at www.usask.ca/pandemic.

As a student, what should I be doing to prepare for (H1N1) 2009 influenza?

Most people who get (H1N1) 2009 influenza experience mild symptoms that do not require hospitalization, but you still may be sick and need to stay at home for a few days. Be prepared by choosing some Flu Buddies now. Flu Buddies are friends, neighbours and relatives who you can call if you get sick. A Flu Buddy will check on you daily and collect any medications, food and other supplies you may need so that you don't have to leave home.

You can also prepare for flu season by creating your own Flu Kit. A Flu Kit could include: a thermometer, hand sanitizer, tissues, over-the-counter medications for colds and flu, vitamins, throat lozenges and fluids for hydration such as water, fruit juice or electrolyte drinks. For more information on Flu Buddies and Flu Kits, visit the university's influenza website at www.usask.ca/pandemic.

How will I know if I have the (H1N1) 2009 influenza?

Similar to that of regular seasonal influenza infections, primary symptoms include fever and cough. You may also experience headaches, general aches, fatigue, a runny nose, a sore throat, nausea, vomiting and diarrhea.

How will I know if (H1N1) 2009 influenza has caused any disruptions to my classes or university services?

For updates on the effects of influenza on academic and non-academic operations, visit www.usask.ca/pandemic.

How can I protect myself against influenza?

According to public health officials, the best way to reduce the spread of any form of influenza is to practise good infection prevention behaviours:

- *Wash your hands* frequently
- *Cough and sneeze into your elbow/sleeve* rather than your hand
- *Stay home* if you are sick with influenza-like illness (fever and cough)
- *Minimize physical contact* with others
- *Phone for medical advice* if flu symptoms persist.