

From: Erin Bascom
Sent: August 28, 2009 3:27 PM
To: Fred MacDonald; Steve Lane; Tony Bellavia; Harry Janzen; Laureen Styles; Graham Pike; Anne Leavitt; Mike Mann
Cc: Toni O'Keeffe
Subject: FW: Message for Instructors

Importance: High

Good afternoon,

As you know flu season is approaching so in an effort to provide accurate information in a timely manner, Health and Safety Services is requesting Deans to ask their instructors to please spend 2 minutes on the first day of classes going over the information below with students as prevention is the most effective way to curb the spread of influenza.

Note for instructors: We are asking that students who are sick with **influenza** report that illness to their instructor. Instructors should report **influenza related illness** via email to Health and Safety Services at safety@viu.ca or by calling 250-740-6283. This is to aid VIU and VIHA in potential decisions should their be a widespread outbreak.

Message to students

The flu season will begin soon and will last through the fall and winter. More than one kind of flu virus will be spreading this season, including seasonal flu and the H1N1 flu. If you get the flu, you can spread the flu to others at home, at school, and in the community, so please ensure that you are prepared.

For up to date information, videos and FAQ's please visit the Health and Safety Services website at www.viu.ca/healthandsafety/index.asp or call 250-740-6283.

Prevention is the number one defence against illness, so remember to **cover your coughs and sneezes** with a tissue or your sleeve and wash your hands often with soap and water. Use an alcohol-based hand cleaner if soap and water are not available. Sanitizing stations have been installed in high traffic areas such as the library, cafeterias, gymnasium and student service area.

Get the vaccine for seasonal flu:

Nanaimo Campus flu clinic

Date: November 19, 2009

Time: 10am – 1pm

Location: Royal Arbutus Room

Community clinics run by local health authorities will also be held throughout the region , check the Health and Safety website for more information in the coming weeks.

A vaccine for H1N1 will be available hopefully in November. Those at higher risk for H1N1 flu complications (pregnant, immune suppressed or have a chronic medical conditions such as asthma, heart disease, or diabetes) should consider getting this vaccine, but should check with their physician.

Be prepared in case you get sick and need to stay home. Have the following items on hand: a supply of fever-reducing medicines, alcohol-based hand cleaners, tissues, and other items that may be useful and help avoid the need to make trips out in public while you are sick.

Are you ill?

Symptoms of the flu may include fever, cough, headache, general aches and fatigue. Some people have also reported runny nose, sore throat, nausea, vomiting and diarrhea. In BC, patients with H1N1 flu have had symptoms similar to the seasonal flu.

If you have symptoms of the flu, **please do NOT come to school**. Report this illness to your instructor, who will notify Health and Safety Services.

If you or someone you know is experiencing flu like symptoms, please call HealthLink BC (811) for advice.

Erin Bascom

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<http://www.viu.ca/healthandsafety/index.asp>