

**From:** Erin Bascom  
**Sent:** October 21, 2009 2:35 PM  
**To:** Erin Bascom  
**Subject:** FW: Influenza information

**From:** information  
**Sent:** Wednesday, September 16, 2009 1:18 PM  
**To:** 'Nanaimo@srsmail.mala.bc.ca'; 'cowichan@srsmail.mala.bc.ca'; 'parksville@srsmail.mala.bc.ca'; 'powellriver@srsmail.mala.bc.ca'  
**Subject:** Influenza information

## Welcome Back! Flu Season is Starting. Get Ready Now!

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, 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](http://www.viu.ca/healthandsafety/index.asp) or call 250-740-6283.

## Prevention - What You Can Do!

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. If a severe flu outbreak hits our campus, we will take additional steps to avoid spreading the flu virus. You need to prepare as well.

### Get the vaccine for seasonal flu:

Nanaimo Campus flu clinic

**Date:** November 19, 2009

**Time:** 10am – 1pm

**Location:** B300 (upper cafeteria), 3<sup>rd</sup> floor (Royal Arbutus Room)

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

## 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.

### **Information Sessions**

Influenza information sessions are being held every Friday in B356, Room 313 at 1:30pm. These sessions are offered by Health and Safety Services for students and employees and are designed to provide updates and answer questions.

For up to date information, you can find us on twitter or on our website.

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