

Brock University influenza H1N1 update

For more information about H1N1 planning at Brock, please visit the University's Pandemic Influenza Planning website: www.brocku.ca/pandemicflu

Friday, Sept. 18, 2009
4:45 p.m.

Brock's Emergency Response Team and administrative staff continue to work on strategies to prevent, mitigate and/or manage a potential pH1N1 cluster at the University.

The "Flu and You" training, which has been delivered to staff and student groups across campus is now being offered to employees through Human Resources. To register, please visit: www.brocku.ca/hr/training/focus

The information is also available as an online presentation for independent review on the University's [Pandemic Influenza Planning website](http://www.brocku.ca/pandemicflu).

You can also request the training to be delivered to classes or other student gatherings by contacting [Student Health Services](http://www.brocku.ca/studenthealth) at 905-688-5550 x3243.

Flu kits have been developed for residence and off-campus students. Residence students can pick up kits at service desks, and off-campus students can pick them up at Student Health Services, located in Harrison Hall (next to Campus Security).

A "Flu Buddy" meal pick-up assignment form has been developed for those on a meal plan by Brock Dining Services.

The web-based "Got Flu" illness tracking system has been live on the self-serve student portal (my.brocku.ca) since Sept. 10, and will be expanded to include faculty and staff by next week.

This tool will allow the University to detect an elevation of incidence early in order to respond effectively and take steps to reduce transmission. It will also serve as an absence documentation system to relieve pressure on Student Health Services, allowing students to print a record of their illness for submission to their professors as needed.

Preliminary reports show considerable interest in the site, with 50 per cent more people reporting recovery than illness, and many choosing "Got Flu" and "Recovered" within minutes, presumably as a test. In order to ensure meaningful data, individuals are requested to only use the system if they have influenza-like illness, and to use the "cancel" button if they have registered accidentally.

To re-iterate, much of the success of the various prevention, protection and mitigation initiatives will rely on individuals taking responsibility for their own health and that of those around them.

The following key strategies are being communicated to all faculty, staff and students:

- Keep hands away from face and wash them frequently
- Cover coughs and sneezes, and discard used tissues immediately
- Stay healthy with sleep, diet and exercise
- Assemble a Flu Kit (thermometer, ibuprofen or acetaminophen, fluids, cleaning products)
- Clean touch points regularly (door knobs, phones, counters, etc.)
- Keep ahead of assignments and work
- Arrange in advance for a Flu Buddy to check on you
- Know the symptoms (fever, cough, aches, malaise and possibly nausea)
- Stay (or go) home if you are ill
- Notify your professor or supervisor and Flu Buddy
- Register your illness and recovery on the Brock portal my.brocku.ca "Got Flu" tracking system
- Rest and drink lots of fluids
- Take ibuprofen or acetaminophen for pain and fever
- Go to Emergency if severe pain, difficulty breathing or frequent vomiting
- Call Telehealth Ontario (1-866-797-0000), your doctor or Student Health Services (905.688.5550 x3243) if concerned about your symptoms or treatment

- Come back and catch up a day after your fever breaks (i.e. less than 38 C) and you feel better

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