



H1N1 Flu Virus Pandemic Supplemental Guidance for Colleges and Universities

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*This document supports the Ministry of Health and Long-Term Care's "Guidelines for the Prevention and Management of Pandemic (H1N1) Influenza Virus in Colleges and Universities"
(Note: Provincial guidelines yet to be released)*

Influenza-like illness (ILI) is the onset of respiratory symptoms with fever and cough and one or more of the following symptoms: sore throat, muscle aches, joint pain, or weakness.

Faculty, staff and students who live either on or off campus and who have flu symptoms should self-isolate. That is:

- Stay away from others
- Stay in their residence (dormitory) room or home until they no longer have a fever and are feeling well
- Stay at home except to get medical care or for other necessities. If possible, have a friend or family member obtain these for you

An ill student sharing a room with a well student must:

- Maintain a two metre (six foot) minimum distance between each other whenever possible.
- Wash hands frequently using soap and water or use an alcohol-based hand rub (ABHR)
- Cover coughs and sneezes (with either a tissue or by coughing/sneezing into the crook of one's elbow)
- Avoid sharing any personal items, such as cups, hygiene products or touching common surfaces such as computer keyboards and desks

This prevents spread of disease to others.

At this time there is no requirement for surgical masks in this setting.

Public Health does not recommend students see a doctor for the sole purpose of getting a note to exempt them from academic requirements. Students with flu symptoms should visit student health services if they would normally seek medical attention for their illness. Otherwise, they should remain isolated in their rooms. They should not attend classes or exams until their symptoms have cleared up and they are well enough to participate in normal activities.

These recommendations have been developed collaboratively by Region of Waterloo Public Health and Wellington-Dufferin-Guelph Public Health to ensure consistent guidelines for the management of influenza in students, faculty or staff.