

## WHAT YOU CAN DO TO PROTECT YOURSELF AND OTHERS

# WASH YOUR HANDS

Nothing is as effective as washing your hands. Use warm water and soap all over your hands (palms, tops of hands, fingers, between fingers, under and around nails). Scrub your hands for 20 seconds making sure that there are lots of soap suds. Rinse your hands well under warm water and dry them completely with a clean towel. Wash your hands often, particularly after sneezing or coughing, before and after meals, and after going to the toilet. If you don't have access to soap, alcohol-based gels can be used as an alternative.

# COVER YOUR MOUTH AND NOSE

When you cough or sneeze, use a handkerchief and throw it away immediately or use your sleeve to cover your face. If you are really ill and you have a fever, stay at home!

# CLEAN

Surfaces and items that are shared with others should be cleaned and disinfected regularly. Encourage friends and colleagues to do the same.

## STAY INFORMED AVAILABLE RESOURCES

**EDMUNDSTON CAMPUS**  
Service de santé et de psychologie  
(506) 737-5295  
Local 119, pavillon Simon-Larouche  
[Francoise.cyr@umce.ca](mailto:Francoise.cyr@umce.ca)

**MONCTON CAMPUS**  
Service de santé  
(506) 858-4007  
Local C-101, Centre étudiant  
[sante@umoncton.ca](mailto:sante@umoncton.ca)

**Service de sécurité**  
(506) 858-4100  
[securite@umoncton.ca](mailto:securite@umoncton.ca)

**SHIPPAGAN CAMPUS**  
Service de santé  
(506) 336-3459  
Local 132, pavillon Irène-Léger  
[Zenobie.hache@umcs.ca](mailto:Zenobie.hache@umcs.ca)

**INFLUENZA INFORMATION LINE  
(NEW BRUNSWICK DEPARTMENT  
OF HEALTH)**  
1-800-580-0038

**TELECARE**  
(nurses can answer your questions 24/7)  
1-800-244-8353

**To stay informed on the situation,  
visit these websites often:**

[www.umoncton.ca/grippe](http://www.umoncton.ca/grippe)  
[www.fightflu.ca](http://www.fightflu.ca)  
[www.gnb.ca/cnb/Promos/Flu/index-e.asp](http://www.gnb.ca/cnb/Promos/Flu/index-e.asp)



UNIVERSITÉ DE MONCTON  
EDMUNDSTON MONCTON SHIPPAGAN


# H1N1

## STAY INFORMED

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# WHAT IS INFLUENZA A (H1N1)?



Influenza A (H1N1) (also known as swine flu) is a respiratory illness that causes symptoms similar to those related to the seasonal flu. It may also be accompanied by a high fever, muscle aches, severe fatigue, and keep you from accomplishing your everyday activities for a few days.

## A HIGHLY CONTAGIOUS VIRUS

The flu virus is easily transmitted through saliva and mucus when an infected person coughs or sneezes. It is possible to catch the flu if you touch a contaminated surface or an infected person and then touch your nose, mouth or eyes. The symptoms will take from 1 to 7 days to appear once you have been contaminated. It is important to know that a person may be contagious 24 hours before symptoms appear and up to 7 days after the symptoms have developed.

The flu virus sometimes spreads through close contact with other people, for example: living in the same household, in student housing or in a residence, using public transport, and attending sporting events or other kinds of public events.



## WHAT TO DO IF YOU HAVE FLU SYMPTOMS

### ASK FOR HELP

- Call TeleCare at 1-800-244-8353;
- See the nurse at your campus health centre;
- Go to a medical clinic in your region.

### STAY PUT

- Rest and limit your contact with others until you are no longer contagious (see above for details);
- Have as few visits as possible from your family;
- Avoid sharing personal objects with others (towels, utensils, drinking glasses, etc.);
- Keep a reasonable distance from those around you;
- Restrain your movements and avoid crowds as much as possible.

### TAKE PROPER CARE WITH MEDICATION

Treating the flu does not usually require medication. However, over-the-counter medications can be used to relieve symptoms. Read the labels carefully before using them and take only the recommended dosage.

Doctors can prescribe antiviral drugs. This type of medication can help shorten the lifespan of the symptoms and decrease their intensity.

Follow the prescription given to you to the letter. If anything out of the ordinary occurs, call your pharmacist.

