



# Answers About H1N1 Flu For George Brown Students

## What is H1N1 (Swine) flu?

H1N1 is a new strain of flu that has spread around the world from person to person. In the vast majority of cases this flu just makes people sick for a few days but some people have died from it.

## What are the symptoms of H1N1?

They are the usual symptoms of flu: fever, body aches, low energy, lack of appetite, nausea, coughing, and sometimes vomiting and diarrhea.

## How can I protect myself from H1N1?

First and most important: wash your hands frequently, second, try to stay away from people who are coughing and sneezing.

## How to help stop the spread of H1N1 flu:

It takes several days for the symptoms of H1N1 to appear; you may have been exposed to it and not know yet, so:

1. Wash your hands frequently (sanitize if unable to wash)
2. Cough or sneeze into a tissue
3. If you don't have a tissue, sneeze or cough into your sleeve or arm - NOT into your hands
4. Stay home if you are experiencing symptoms of the flu. If you're caring for someone with the flu (e.g. a child) don't bring them to college.

## Should I go to a doctor if I think I have H1N1?

Toronto Public Health says: "In Toronto, confirmed cases of H1N1 flu virus have had signs and symptoms that are similar to seasonal influenza. Most people with seasonal influenza do not get seriously ill. However, the elderly, very young children and those with chronic health conditions may become very ill from seasonal influenza and its complications.

If you are experiencing flu-like symptoms: Stay home. Try to stay away from other people. If you are sick enough to require medical attention, call your doctor. If you have traveled before becoming ill, tell your doctor."

If you have general questions about H1N1 and its symptoms, call TeleHealth Ontario at 1-866-797-0000. (TTY: 1-866-797-0007) and get the advice of a registered nurse. It's free and operates 24-hours a day.

## Who should I notify at George Brown if I'm sick?

Follow the instructions of your teachers as far as your absence from college is concerned. Not all teachers require notification for absences. Teachers will accommodate your absence due to flu and you will be able to make arrangements with them to make up missed course content or assignments. If during your absence there was an exam or test you will be allowed to make it up. If you are absent with the flu you will not be penalized or required to produce a doctor's note. Go to [www.georgebrown.ca](http://www.georgebrown.ca) for complete college academic policies.

## Where do I get more information?

George Brown news about H1N1 will be posted on the college website:

<http://www.georgebrown.ca/News/H1N1>



For more general information about H1N1 visit these websites:

**Toronto Public Health**

[http://www.toronto.ca/health/cdc/communicable\\_disease\\_surveillance/monitoring/alerts/swine\\_flu.htm](http://www.toronto.ca/health/cdc/communicable_disease_surveillance/monitoring/alerts/swine_flu.htm)

**Health Canada**

<http://www.hc-sc.gc.ca/index-eng.php>

**WHO**

<http://www.who.int/en/>

**General flu information**

[www.fightflu.ca](http://www.fightflu.ca)

**Public Health Agency of Canada**

[www.phac.gc.ca](http://www.phac.gc.ca)