

**DATE:** August 18, 2009  
**TO:** College Community  
**FROM:** Dr. Rick Rowland, Manager, Health Services  
**SUBJECT: INFLUENZA UPDATE – Start of Fall Term**

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As members of the Algonquin community prepare for the return to classes in September, the Pandemic Response Committee thought it would be useful to share what is happening at Algonquin as we prepare for a possible H1N1 flu outbreak.

While we continue to monitor the H1N1 influenza pandemic, there are no current impacts on the College. All classes and activities are and will operate normally until further notice.

The Pandemic Response Committee, chaired by Dr. Rick Rowland, has been meeting regularly to assess the impact and progression of the virus. Members of the team include campus health officials, academic and administrative leaders, management of ancillary operations, emergency preparedness officials and communication representatives.

Members of the Algonquin Committee are also meeting regularly with representatives of Ottawa Public Health and of other post-secondary institutions to coordinate activities and share best practices.

Contingency plans and preparations are in place, and the College is confident it will respond to any outbreak effectively and efficiently. As always, the goal of our planning and response efforts is to safeguard the health and well-being of the individual members of the College Community. But you can help minimize the chance of getting any flu by:

- Maintain the strength of your immune system by taking care of yourself and those in your care including eating a healthy, balanced diet, being active and getting enough sleep. If you or someone in your care has a chronic condition, get the help needed for effective care from your health-care provider;
- Cover a cough or sneeze by coughing or sneezing into your elbow or sleeve or using a tissue to cover your nose and mouth;
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also available;
- If you have symptoms of flu-like illness, such as fever, cough and aches you should stay home from school or work while you are ill and limit contact with others to reduce the chance of spreading the virus.

For more detailed information and the most current updates, please visit the pandemic website at [www.algonquincollege.com/pandemic](http://www.algonquincollege.com/pandemic).