

DATE: May 19, 2009

TO: College Community

FROM: Dr. Rick Rowland, Manager, Health Services

SUBJECT: INFLUENZA UPDATE – Mexico travel restrictions lifted

The Canadian government has removed Mexico from their travel advisory; therefore, Algonquin College has also removed the restriction on returning to work or study within seven days of being in Mexico.

Nevertheless, we continue to strongly recommend these three important rules of hygiene to help control the spread of infectious diseases:

- **Stay home if you have a fever.**
It is probably something infectious, so keep it to yourself. Your co-workers will thank you, which is not their reaction when you show up for work sick.
- **Cover your cough or sneeze.**
Then dispose of the tissue and wash your hands.
- **Wash your hands regularly.**
Soap and water or hand cleaner destroys the virus.

Algonquin College's administration continues to monitor the novel H1N1 influenza's pattern of spread. At present, it is dispersed through many counties and, in most cases, it is not more serious than common, seasonal influenza A. However, the virus is capable of new mutations. By this fall, when the usual "flu season" arrives, we will need to increase our vigilance.

For more detailed information and a list of frequently asked questions on the H1N1 Flu Influenza visit the *Public Health Agency of Canada* website at http://www.phac-aspc.gc.ca/alert-alerte/swine-porcine/faq_rg_swine-eng.php

Should you have any questions concerning the H1N1 outbreak please contact [Algonquin College Health Services](mailto:rowlanr@algonquincollege.com) 613-727-4723 ext. 7222, email Dr. Rick Rowland at rowlanr@algonquincollege.com.

To learn more about the College's planning visit the Algonquin College Pandemic Preparedness website at www.algonquincollege.com/pandemic.