
MEMORANDUM

DATE: April 27, 2009
TO: College Community
FROM: Dr. Rick Rowland, Manager, Health Services
SUBJECT: Protecting yourself from swine influenza

Algonquin College Health Services and the College's Administration, through its Pandemic Committee, are actively monitoring the outbreak of Influenza A virus in Mexico and will issue notifications when warranted to alert the College community of any concerns.

To date, the Public Health Agency has reported six known cases of 'swine flu' in Canada, 4 in Nova Scotia and 2 in British Columbia. In each case, those diagnosed with the virus have exhibited mild symptoms and have been directly linked back to travel from Mexico.

At present the only action required is careful observance of normal and usual hygienic practices.

- **Wash your hands often.** Influenza infects us from virus on our hands being transferred to our mouth, nose, or eyes. Washing with soap or with alcohol-based cleaner will kill the virus.
- **When you cough, cover your mouth** with a tissue or your arm. Dispose of the tissue and wash your hands.
- If you have any contagious infection, **do not come to work or school** until the contagious period has passed.

Influenza A is a respiratory infection, causing a cough, fever, headache and general malaise. It does not cause "stomach 'flu'" such as vomiting or diarrhea.

If you have a new onset of cough with fever (sweats and chills) you should stay home until the fever has passed. Only severe infections require medical attention. In the event of serious illness, please contact your doctor for advice.

For general information and a list of frequently asked questions on swine influenza visit the Public Health Agency of Canada website at http://www.phac-aspc.gc.ca/alert-alerter/swine-porcine/faq_rq_swine-eng.php