



COLLÈGE UNIVERSITAIRE DOMINICAIN  
DOMINICAN UNIVERSITY COLLEGE

## THE A [H1N1] FLU VIRUS

***"Knowledge is our best defence."*** [Dr. David Butler-Jones]

Since H1N1 Flu Virus has been reported around the world, last June the World Health Organization [WHO] has declared it a pandemic influenza virus. Swine influenza (sometimes called swine flu) is a strain of the influenza virus that usually affects pigs, but which may also make people sick.

H1N1 Flu Virus is a respiratory illness that causes symptoms similar to those of the regular human seasonal flu. The symptoms include fever, fatigue, and lack of appetite, as well as coughing and sore throat. Some people with H1N1 Flu Virus have also reported vomiting and diarrhea.

At the present time, the WHO considers the overall severity of the pandemic to be moderate. The overwhelming majority of patients experience mild symptoms and make a rapid and full recovery without the need for hospitalization or medical care.

In the case of Canada, Health Canada "fully expect that new cases will continue be identified. Although some cases have been severe, including some deaths, most of the cases continue to be mild." Research teams continue to work, intensively, to learn more about the virus and the changes to its nature.

The Dominican University College follows closely the situation in order to assure the protection of its members. We encourage all of them to follow, rigorously, simple hygiene measures to help protect themselves.

### How to protect yourself and others?

- Cough and sneeze in a paper tissue. Throw away the paper tissue in a garbage-can.
- If you do not have a paper tissue, cough and sneeze in your arm or sleeve.
- Wash your hands thoroughly with soap and warm water.
- If water and soap are not available, use a hand sanitizer.
- Keep doing what you normally do.
- Stay home if you feel sick
- Talk to a health professional if you experience flu-like symptoms, and follow his advice.
- Inform College's authorities if you have been diagnosed with A [H1N1] Flu Virus.

**For more information, please refer to the following websites:**

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

[http://www.health.gov.on.ca/english/public/updates/archives/hu\\_09/swine\\_flu.html](http://www.health.gov.on.ca/english/public/updates/archives/hu_09/swine_flu.html)

<http://www.pandemiequebec.gouv.qc.ca/fr/actualites/actualites.shtml>

Or call the **ServiceOntario INFOline** at 1-800-476-9708

***If you have flu-like symptoms***, please call **Telehealth** at 1-866-797-0000