

ORIENTATION INFORMATION ON H1N1

- Faculty of Physical Education and Health -

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H1N1 and the Academic Year

During a pandemic the University of Toronto and the **Faculty of Physical Education and Health** will make every effort to continue the educational activities of students with the minimum disruption possible. The **Faculty of Physical Education and Health** will provide up-to-date information to students, faculty, and staff during any disruption of normal educational activities caused by a pandemic through the Faculty's website - <http://www.ac-fpeh.com/flu.php>

For up-to-date information on the H1N1 virus visit the University of Toronto's main website www.utoronto.ca. Reliable information can also be found at the Public Health Agency of Canada http://www.phac-aspc.gc.ca/alert-alerte/swine_200904-eng.php.

H1N1 Prevention and Preparedness

The best way to prevent getting the H1N1 virus is to practice good hand hygiene. This can be with hand washing or alcohol-based hand cleansers. Small sizes that can be carried in the pocket, purse, or knapsack are available.

We strongly advise that you purchase a thermometer and a supply of alcohol-based hand cleansers prior to Orientation Day. If you live alone, you should ensure that you have a supply of medication, drinks, and food that you can prepare with minimal effort in case you get sick (e.g., cup-a-soup, microwave meals, etc.)

H1N1 and Program Orientation

If you are even mildly ill, do not attend Orientation Week activities and classes. **STAY AT HOME**. For information on your symptoms, you may call **Telehealth Ontario at 1-866-797-0000**. A Telehealth nurse will advise you if you should stay at home, see your family doctor, go to a walk-in clinic, or to your closest influenza assessment centre. It is helpful to own a thermometer, so that you can determine if you have a fever or not.

H1N1 and Your Student Support Team

If you are feeling sick, **STAY AT HOME** and contact a member of your Student Support Team to let them know that you will be absent. Do this as soon as you feel sick – don't wait! A student support team member will be in touch with you during your absence and will help you decide when to return to class. He/she will coordinate with your professors regarding due dates.

Student Support Team

Name	Telephone	Email Address
Darryl McSherry	416-978-2944	darryl.mcsherry@utoronto.ca
Margaret Ajax	416-978-3026	margaret.ajax@utoronto.ca
Tim Linden	416-978-6592	tim.linden@utoronto.ca
Wenda Kwong	416-978-4796	wenda.kwong@utoronto.ca

Faculty of Physical Education and Health
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H1N1 FLU PREPAREDNESS

Attention Students:

If you are ill and have flu-like symptoms, including fever, cough and/or headache, **do not attend** classes or placements. **STAY AT HOME** and contact a member of your Student Support Team to let them know that you will be absent. **DO** this as soon as you feel sick. A student support team member will be in touch with you during your absence and will help you decide when to return to class. If you have influenza-like illness you should stay at home or in your residence room until you no longer have a fever and are feeling well enough to attend classes and resume your normal activities. According to the Ontario Ministry of Health and Long-Term Care, some people may experience a cough for days to weeks after infection. If you have a cough but not other symptoms, you can return to normal activities, including classes. A Student Support Team member will contact your instructors regarding your absence. Absences will be recorded. When you are well you must consult with your instructor(s) to arrange for make-ups for missed PAC classes, labs, assignments and tests. Medical documentation may be required for extended absences and/or recurring illnesses.

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For information on your symptoms, you may call **Telehealth Ontario at 1-866-797-0000**. A Telehealth nurse will advise you if you should stay at home, see your family doctor, go to a walk-in clinic, or to your closest influenza assessment centre. It is helpful to own a thermometer, so that you can determine if you have a fever or not.

The common symptoms of influenza are:

- Fever
- Headache
- Cough
- Muscle aches
- Sore throat
- Weakness/fatigue
- Nausea
- Vomiting
- Diarrhea
- Chills

To help prevent the transmission of the flu, make sure that you:

- Wash and sanitize your hands frequently
- Stay home if you feel ill
- Cough or sneeze into a tissue or your sleeve

Name of Student Support Team Member	Telephone	Email Address
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I. Questions about Illness and Prevention

1. Where can I get up-to-date information on the H1N1 virus?

Please check the following links on the Faculty of Physical Education's and the University of Toronto's pandemic and emergency websites:

<http://www.ac-fpeh.com/flu.php>

www.preparedness.utoronto.ca .

Information on the H1N1 virus can be found at the Public Health Agency of Canada (www.fightflu.ca).

2. What is the best way to prevent getting the H1N1 virus?

The best way to prevent getting the H1N1 virus is to practice good hand hygiene. This can be with hand washing or an alcohol hand hygiene product. Small sizes that can be carried in the pocket, purse or knapsack are available. In addition, you may disinfect commonly touched hard surfaces, avoid touching your face or eyes, stay clear of people who are sneezing or coughing, and reduce time in crowded settings. Generally avoid or minimize close contacts e.g. hugging and hand shakes with others.

You may prevent the transmission of the flu if you stay at home if you are ill. If you are in a public place, cough or sneeze into your sleeve.

3. What should I do if I get sick?

If you have the flu or any flu-like symptoms, **STAY AT HOME**. You must not go to class or a placement. It is helpful to have a thermometer, so that you can determine if you have a fever or not. Check for the most common flu symptoms on www.fightflu.ca.

If your illness is severe, you should call **Telehealth Ontario at 1-866-797-0000**. A nurse will advise you if you should see your family doctor, go to your closest emergency department, or go to an Influenza Assessment Centre.

4. Whom should I contact at the University of Toronto?

As soon as you get sick, contact one person on your student support team by telephone or email, alerting them that you will be missing classes or placement due to flu symptoms. Do this as soon as you feel sick. The student support team will coordinate with each other and with your instructors regarding assignment due dates and attendance.

5. What should I have on hand?

It's a good idea to have the following items on hand in case you get sick: a thermometer, alcohol-based hand rub, tissues, microwaveable soups or other food, pain killers, and medical supplies.

6. What should I do if someone in my household becomes sick or I need to care for a family member who is ill?

You do not need to avoid contact with other people as long as you are feeling well. You should take all of the usual precautions to avoid contact with the virus (hand washing and sanitizing, avoiding contact with surfaces and materials they touch, avoiding their coughs and sneezes). Encourage this person to take precautions as well, like staying home and coughing and sneezing into tissues and disposing of them immediately. Place all used tissues into the green bin or garbage. It is useful to have the person take their temperature. You can reduce the likelihood of getting the virus from household objects by not sharing linens, towels, eating utensils, dishes or toothbrushes with the sick person and avoiding contact with any tissues or handkerchiefs they use. Stay 2 metres away from the person who is ill as much as possible. It is best if that person sleeps in a bedroom by himself or herself. Again, it is not necessary for other members of the household to wear face masks. If a surgical mask is available, the person who is ill should wear it when others are in the room. To see a demonstration of the correct use of a surgical mask, visit <http://www.youtube.com/watch?v=94rNwvdtNI>.

Caring for a person who is ill can take its toll on you as a caregiver. Do not forget that staying well depends on you also getting enough rest, food and water. Monitor yourself for symptoms of the flu and if you think you are getting sick, continue to take precautions and avoid contact with other people.

If you need advice on what to do for yourself or the person in your household, contact **Telehealth at 1-866-797-0007**. The Public Health Agency of Canada also provides guidelines for caring for a family member who is ill.

7. What should I do if I need medical assistance?

If you are severely ill, you should not go to class or to a placement. You should see your family doctor, call Telehealth Ontario at 1-866-797-0000, or go to your closest influenza assessment centre. It is helpful to have a thermometer, so that you can determine if you have a fever or not. If you cannot walk and it is a critical situation, call 911.

8. What should I do if someone close to me becomes seriously ill or dies?

If someone close to you becomes seriously ill or dies, please contact a member of your student support team to let him/her know if you are missing classes and/or assignments to attend services or support your loved ones. If you feel like you would like to have some additional support to deal with this experience, there are counselors available at the University's Counseling and Psychological Services (CAPS) that can meet with you (416 978-7970 or 416 978-8070). You may also want to speak to a member of your student support team about other resources that are available to you.

9. I want to visit someone who is sick. What precautions should I take?

The best precaution might be to postpone visiting this person until they are feeling better, or 7 days after the onset of their symptoms - whichever comes later. In the meantime, stay in touch with them by phone or email. This way you will avoid physical contact during the period when they are likely to be contagious. If you are determined to visit, then you should take the usual precautions of avoiding contact with surfaces and materials they have touched, washing your hands with soap and water or disinfecting them with sanitizer gel, and keeping sufficient distance to avoid their coughs and sneezes. It is not necessary to wear a face mask.

10. If I get sick, should I contact my classmates?

If you get sick, you may want to contact any classmates with whom you are working on projects so that they know you will not be available to meet with them. You can still maintain contact with them through phone and email. You may also want to contact classmates in your study group to ask them if they are willing to share notes with you from any lectures that you miss.

11. How do I know when I can return to class or clinic?

If you have influenza-like illness you should stay at home or in your residence room until you no longer have a fever and are feeling well enough to attend classes and resume your normal activities. According to the Ontario Ministry of Health and Long-Term Care, some people may experience a cough for days to weeks after infection. If you have a cough but not other symptoms, you can return to normal activities, including classes.

12. Who should I contact if I have a suggestion or question?

If you have any suggestions or questions, contact your student support team.

II Questions about Academic Programs

1. If I get sick, what happens to classes, assignment deadlines, and exams that I've missed because of illness?

It is important to record your illness on ROSI and email the course instructor and one person on your student support team as soon as possible if you are absent due to illness. The procedures for missed classes, assignments, and exams may differ by instructor, so check with the instructor and a member of your student support team. In many cases, classes will be audio taped and made available on Blackboard, together with PowerPoint notes. If a course is not supported by Blackboard, it may be a good idea to set up small study groups so that your classmates can share their notes with you when you return to class. Instructors will ensure that assignments and exam dates are flexible so that you can complete assignments or exams when you are well.

2. Will classes and/or placements be suspended?

The goal of the University of Toronto is to make every effort to continue the educational activities of students with minimum disruption. The status of classes and placements may vary by instructor and site. Please check the faculty's and utoronto's web pages for updates.

3. Should I stay home if I think I'll get sick from being around other people?

You do not need to avoid contact with other people as long as you are feeling well. You should take all of the usual precautions to avoid contact with the virus (hand washing and sanitizing, avoiding contact with surfaces and materials they touch, avoiding their coughs and sneezes).

4. How will I find out if the University suspends classes or placements?

It is unlikely that the University of Toronto will suspend its activity. Please check the main webpage www.utoronto.ca for announcements.

5. If classes and/or placements are suspended, what will happen to my academic year?

Every effort will be made to make adjustments to your program so that you graduate on time.

6. What happens if I incur extra costs because the academic year/program is lengthened?

Keep all receipts of costs incurred due to a pandemic and write down the purpose of the expense. If emergency funding is available, your student support team will let you know the application procedure.

III Questions about Placements

1. If I get sick, what happens to my placement?

Students must not attend placements (or go to classes, etc) if they are sick. The Faculty will make arrangements with your instructors/mentor to accommodate your necessary absence.

2. If I'm in a placement, what will my responsibilities be?

Responsibilities of students during placements are set out in course outlines. It is expected that students will continue to be involved in required activities.

3. What should I do if my placement gives me conflicting advice from that given to me by the University of Toronto?

The Faculty will be working with placements to keep lines of communication open and to provide clear and consistent messaging. You are placed at sites as students and in the event that there is ambiguity in advice, you should contact the Faculty for clarification.

4. Can I refuse to attend a placement if I think I'll get sick?

We will provide information to students to help them reduce exposure to communicable illnesses and to prevent transmission. If you are worried and/or unable to evaluate your risk, please call the Faculty.

IV. How Can I Help?

1. How can I help classmates who are sick?

If you have classmates who are sick, they will probably be feeling quite isolated as they wait at home for the symptoms to subside and worried about what they are missing in class or at a placement. One of the ways that you can help them is by offering to share notes from lectures that you have together, so they do not need to worry about falling behind. It can also be helpful just to maintain phone and/or email contact so they do not feel isolated.

2. Are there opportunities at the University for volunteering my assistance?

Many of the academic units have emergency preparedness teams that have been created to respond to this and other types of emergencies. Speak with your faculty or your student union representatives about whether there is a role for students to play in their team.

3. Should I get involved in community volunteer organizations?

There may be opportunities in your local community to provide various types of support and assistance to other community members who are affected by the flu. You should feel no pressure to participate in these activities, however, if you would like to help, then take the necessary precautions to avoid getting sick yourself. Bear in mind that one of the best ways you can help is to remain well yourself so that the level of the infection in the population is kept to a minimum.