



**BRANDON  
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**BRANDON UNIVERSITY H1N1 UPDATE**

**BRANDON, MB** – Brandon University is actively monitoring the progress of the H1N1 Flu virus situation in the province and the rest of Canada. The Brandon University Critical Incident Team will be responsible for guiding the university's response to the illness as the situation develops over the fall.

The University is working with the Province and the City of Brandon in order to educate and plan for the H1N1 virus. Members from the Brandon Regional Health Authority will hold information sessions at Brandon University in the coming weeks for students, faculty and staff.

Visible preventative steps have been taken including the purchase of additional hand sanitizer units to be installed around campus and posters are up encouraging regular hand washing and provide information about proper precautions to prevent an infection.

**H1N1 Preventative Measures**

Brandon University uses the recommendations that the World Health Organization has issued in trying to prevent an H1N1 infection. The University urges students, faculty and staff to follow these instructions in keeping yourself and others safe:

If you have symptoms of a respiratory infection, you should:

- **Stay home** from school or work and limit unnecessary contact with others.
- Contact your health-care provider or visit your nearest health-care centre if you are concerned that you may need care – especially if your symptoms are severe or worsening (e.g. shortness of breath, dehydration, or worsening fever, cough or weakness).

Whether you have flu symptoms or not, you should:

- **Cover your cough** by coughing into your elbow or sleeve or use a tissue to cover your nose and mouth when coughing or sneezing.
- **Wash your hands often** with soap and water, especially after coughing or sneezing. Hand sanitizers are also effective.
- **Reduce the spread** of germs by limiting touching your eyes, nose or mouth and by washing your hands frequently.
- **Maintain your health** by taking care of yourself and those in your care including eating a healthy balanced diet, avoiding cigarette smoke and other harmful substances, being active and getting enough rest and sleep.

**COMMUNICATIONS**

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For personal advice on self-care or when to seek further care, Manitobans can phone at any time:

**Health Links - Info Sante**

788-8200

or toll-free at 1-888-315-9257.

For more information on H1N1, please visit the Government of Canada or Manitoba websites located at:

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

[www.gov.mb.ca/flu/index.html](http://www.gov.mb.ca/flu/index.html)

On it you will find facts about H1N1, Influenza, cough etiquette, hand hygiene and other information to help keep you safe.

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For more information, or to arrange interviews, please contact:

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