

BE PANDEMIC PREPARED

As universities across Canada and around the world prepare for a possible outbreak of the H1N1 flu virus, The University of Western Ontario is encouraging students to be 'pandemic prepared' when they come to campus this September.

- 1) Carrying a personal supply of hand sanitizer is the "new normal." When you are picking up school supplies like pens and books in August, make sure you also purchase an ample supply of hand sanitizer to see you through the first few weeks of school to avoid the rush.
- 2) Arrange a pick-up plan with your parents, friends and loved ones in the event you become ill after arriving on campus. Doctors and health officials are strongly advising that students who become ill should make plans to return home for rest and caregiving. While that will not be possible for all students, you should take time now to consider a plan outlining your options for care if you do become ill.
- 3) Once you arrive on campus, make sure you have a buddy. You'll want to make sure there is someone you can inform if you become ill and need assistance. They can also help share the news with faculty and staff so you can stay in bed where you belong.
- 4) As you stock up on hand sanitizer, you may also wish to beef up your personal first aid kit. If you're not feeling well, the last thing you'll want to do is go shopping for medical supplies. This might also be a good time to make sure you have a supply of appropriate food and drinks on hand, again, if you become ill.
- 5) Until a pandemic hits, no one can be sure what the scale of impact will be on students and academic programming. Please know accommodations will be made in the event you become ill while at Western and every effort will be made to assist all students in meeting course requirements.
- 6) Western prides itself in offering Canada's best student experience. With a demanding academic schedule, as well as sports, recreation, clubs, volunteering and social activities, this can lead to very busy schedules. Make sure you give yourself some time for 'R&R' – rest and relaxation. It's an important part of staying healthy.
- 7) The most important things you can do to keep healthy are simple – stay informed, wash your hands frequently with soap and warm water, and cough and sneeze into your sleeve, rather than your hand.

For the latest news on the rapidly changing H1N1 Flu Virus situation and Western's pandemic planning, please visit www.communications.uwo.ca/influenza-microsite