

H1N1 Information for Resident Students

– University of Regina

1. Does the University of Regina have a H1N1 plan for students who are staying in residence?

Yes, U of R Residence Services personnel have pandemic plans to respond to the needs of any U of R Residence students who could become ill.

2. Are there items a student should have in residence to be more prepared if they get sick with H1N1 or general influenza?

It is advisable for students to bring the following items as a preventative measure should H1N1 or other influenza virus be present on campus:

- A thermometer to check for fever
- Fever reducer such as acetaminophen or ibuprofen
- Decongestant
- Cough drops
- A supply of tea, water, sports drinks, soup, crackers and other easy to prepare foods
- Facial tissues
- Disposable surgical masks
- Purell or other 70 per cent alcohol based hand sanitizer
- Disinfecting wipes
- Cleaning supplies
- Multivitamins

3. What else should students and parents do to prepare?

In the event that H1N1 does become present on campus it is very important for students living in residence to develop a plan. Some of the following items should be considered while planning for a pandemic:

- Ensure that your emergency contact information is filed correctly with the Residence Office.
- Put family phone numbers in your cell phone, as well as the phone number of your family doctor.
- Make a list of faculty contact information and keep it in a safe place, share a copy with family, a friend or a residence staff person for easy access.
- If you already have a compromised immune system, please talk to your physician

about steps you can take that may lessen the impact and severity of H1N1 if exposed.

- Talk to your physician about getting a H1N1 shot or regular flu shot this fall.

4. How should linens, eating utensils and dishes of persons infected with influenza virus be handled on campus?

Linens, eating utensils and dishes belonging to those who are sick do not need to be cleaned separately, but importantly, these items should not be shared without washing thoroughly first.

Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Individuals should avoid “hugging” laundry prior to washing to prevent contaminating themselves.

Individuals should wash their hands with soap and water or an alcohol-based hand gel immediately after handling dirty laundry.

Eating utensils used by an ill individual should be washed by hand with hot water and soap. They do not have to be washed separately.

If you know someone who is sick and needs assistance, or if you are showing influenza symptoms, email residence@uregina.ca or phone (306) 585-5450. Click [here](#) for additional information on how to protect yourself and others from infection.

For further information visit the University of Regina webpage:

<http://www.uregina.ca/news/emergency>

Please ensure you regularly review this site for H1N1-related information which is applicable to all students, not just those residing in residence.