



November 2<sup>nd</sup>, 2009

Dear Parent,

Concordia University, like many other universities in Canada and the U.S., has community members who have been ill with influenza or will become ill during the flu season. In order to reduce the impact of this illness on the student residents, a number of measures have already been instituted and others have been planned.

In order to reduce the risk of transmission of (A)H1N1, hand sanitizers have been installed at the entrance of each building and additional units will be provided as needed. A hand-washing campaign has been introduced and reinforced with the student residents. The Residence Life staff have familiarized themselves with the guidelines provided by the Government of Quebec and have posted information in numerous places throughout the residence buildings. Resident students have access to information to assist them in deciding whether or not they potentially have (A)H1N1, how to protect themselves, how to care for themselves if they do have the flu and where/when they can go to get a vaccination. Furthermore, we are providing them with specific information on what documentation (i.e. provincial health insurance card or Sunlife insurance) will be required when presenting for the vaccine.

The Dean of Students, Elizabeth Morey, has sent a letter to each student with the following guidance:

**If you are ill with flu-like symptoms, you need to stay home and rest in isolation for a minimum of 24 hours after the fever is gone. If your illness prevents you from fulfilling your academic requirements, i.e. missing assignment deadlines and/or exams, you must inform your professors by email that you are absent with the flu. Please note that your email constitutes a formal notification of illness on your part, and that false statements will be considered an offence under the Academic Code of Conduct.**

We are keeping track of any potential resident students who may be ill with (A)H1N1 so that we can provide as many comfort measures as possible. As parents, we would encourage you to play a role in ensuring that your child has some of the basic supplies, such as an electronic thermometer to monitor temperature, medications to reduce fever such as acetaminophen or ibuprophen (not acetyl salicylic acid or ASPIRIN), and any other comfort items that you know

may be useful. We will be purchasing a few extra thermometers in the event that the resident student requires one but it would be appreciated if you encourage your child to purchase one before he/she becomes ill or you could send one as part of a "Care" package.

Students who are ill are requested to self isolate. We check in with them to ensure that they are hydrating themselves and to ensure that their symptoms are not worsening. For those students living in buildings with communal bathrooms, they are being provided with masks so that we can diminish the risk of transmission. Masks are not provided to those students who are well as this has not been recommended by any health agency. We will, however, continue to stress the need to properly wash hands. We will be instructing those students who are ill to clean their room once they are well to also reduce the risk of transmission.

We have also arranged for additional cleaning to take place within the communal living areas as required. To date, that has not been required.

We have worked with our Food Services provider, Chartwell's, who are assisting us in providing food to resident students who are unable to go to the food service areas for meals. We are working with other Student Service departments as well as other University groups to ensure that if volunteers are required that we have a pool of individuals to help. Presently, we are able to manage well and students who are ill are recovering quickly.

We invite you to look at the web-site of the Government of Quebec concerning (A)H1N1 to better understand what information is being provided to your child. <http://www.pandemiequebec.gouv.qc.ca/en/index.aspx@sujet=143.html>. In particular, please view the *Self-care guide*, *Decision Chart-If you have flu symptoms*, and *The pandemic influenza A(H1N1) vaccine*.

Finally, we would like to assure that the professionals working in Concordia University Health Services are assisting us with any other guidance or support that may be required.

We will certainly communicate with you again if the situation changes.

Sincerely,

Melanie Drew, Director – Health Services & Residence Life

James Guthrie, Coordinator – Residence Life, SGW campus

Rich SwamiNathan, Coordinator – Residence Life, Loyola campus