

# WE ARE

# STAYING HEALTHY THIS FLU SEASON

**The flu season has started.** Humber encourages our staff, students and visitors to practice flu prevention techniques.

**Influenza**, the “flu”, is a contagious respiratory infection typically caused by influenza A and B viruses. Common symptoms include fever, chills, sore throat, cough, muscle aches and extreme fatigue.

## Help Prevent the Spread of the Flu:

1. Obtain the flu vaccine.
2. Wash your hands often with soap and water / Use hand sanitizers.
3. Cough or sneeze in a tissue or your sleeve.
4. Avoid touching your eyes, nose or mouth.
5. Regularly clean surfaces and shared items.
6. Stay at home when you are sick.

## What the College is doing over the Flu Season:

- Flu vaccines available to staff and students from the Student Wellness and Accessibility Centre (SWAC).
- Hand sanitizing dispensers (e.g. by elevators) available in common public areas.
- Additional cleaning and disinfecting measures in common public areas, including in the Residences, Athletics, Food Services, Computer Labs and Washrooms.
- Regular communication with Toronto Public Health regarding flu prevention and treatment recommendations.

## For further information:

- Humber College Student Wellness & Accessibility Centre: <http://humber.ca/student-life/swac/home>
- Humber College Occupational Health & Safety Services: <http://hrs.humber.ca/safety.html>
- Toronto Public Health Influenza Fact Sheet: <https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/influenza-flu-fact-sheet/>
- Telehealth Ontario Flu Facts: <https://www.ontario.ca/page/flu-facts>