

Important Pre-Arrival Information

Re: Influenza A(H1N1) / Swine Flu

Dear Student,

As you are aware, the H1N1 virus commonly known as Swine Flu has been declared a worldwide pandemic by the World Health Organisation. I am writing to inform you that Campus Life Services have a plan in place to ensure that a potential spread of the virus is kept to a minimum and that the welfare of our residents remains a priority.

In advance of your arrival, please note the following:

- 1 On check in to your Village, you must advise us if you have an underlying illness such as asthma, diabetes, heart disease, liver disease, kidney disease or any condition that might put you at higher risk of severe illness from influenza.
- 2 The H1N1 virus is contagious and can spread quickly from person to person through tiny droplets in coughs and sneezes. Droplets can also be passed from surfaces like door handles, lift buttons and hand rails. On check in to your residence you will notice that we have placed a bottle of sanitising gel on your study desk. To keep the spread of germs to a minimum, we would ask that you wash your hands regularly with hot, soapy water and use the sanitising hand gel provided for you.
- 3 Public areas in all Villages such as receptions, halls, blocks and launderettes containing areas that are regularly touched will be sanitised on a regular basis. You will notice that each kitchen area contains a pack of disposable sterilisation wipes. We would advise the use of these wipes to sanitise surfaces such as tables and desks regularly. We have mounted a sanitising gel dispenser in each Village Reception for the use of visitors, staff and residents as they enter and leave the Village.
- 4 If you suspect that you or a housemate may have contracted the virus while living in residence, it is very important that you report your illness to your Village Manager **immediately**. The symptoms of swine flu are similar to the seasonal flu but will appear more suddenly. Symptoms may include:
 - Temperature over 38°C / 100.4°F
 - Dry Cough
 - Headache
 - Severe weakness and fatigue
 - Aching muscles and joints
 - Sore throat
 - Runny nose
 - Vomiting / diarrhoea
- 5 All residents are required to attend Accommodation Orientations which are scheduled for the first week of term. Additional information regarding our plan in the event of an initial or large outbreak of the virus will be outlined.

Thank you for taking the time to read this important pre-arrival information. Our team look forward to welcoming you on campus at the University of Limerick in the coming weeks.

Yours sincerely,



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