

Influenza Report

The personal information collected on this form is collected under the authority of the Alberta Post-Secondary Learning Act for the purpose of gathering statistical information related to the H1N1 Influenza and coordinating academic activities and illness care. The statistical information may be provided upon the request to Alberta Health Services Public Health – Calgary, Mount Royal Health Services in a form that will not identify individuals. For further information about the collection, use, and disclosure of the personal information on this form, please contact Jane O'Connor, Chair, Public Health Response Team, 6927 or joconnor@mtroyal.ca.

Information provided by your department in this report will be kept confidential and will only be reviewed by the Chair of the Public Health Response Team or her designate in the event that she is away. Any information used to report to AHS or for internal purposes will not contain anything that identifies an individual.

H1N1 Symptoms

The symptoms of Pandemic (H1N1) 2009 in Canada have been generally mild, but illness can be severe for some individuals. The symptoms are similar to the symptoms of regular human seasonal influenza infection and include:

- Sudden onset of and **new cough or change in existing cough**, plus one or more of the following:
 - **fever ($\geq 38\text{C}$) – most cases will have a fever**
 - sore throat
 - joint pain
 - muscle aches
 - severe exhaustion
 - lack of appetite
- Some people may have a runny nose, nausea, vomiting and diarrhea in addition to a cough and fever symptoms.

Questions to Ask When Employees Call In Sick:

- **Are you ill with flu-like symptoms?**
- **If yes – when did the symptoms start?**
- **When do you anticipate you will be back at work?**

