

## INFORMATION FOR RESIDENTS

### Important information for all residents at UC Accommodation

**As you know there is a world wide spread of the H1N1 Virus.  
We would like your help in keeping yourself and your fellow residents safe!**

**Important information** – Please read on arrival at the Hall of Residence. You **MUST** advise office staff immediately if you are exhibiting any of the following symptoms.

High Fever

Coughing and Sneezing

Sore Throat

Body Aches

Chills and Extreme Fatigue

Vomiting and Diarrhoea

If you are exhibiting two or more of these symptoms, you may be placed into a quarantine area until you are cleared of infection. Your Hall staff will assist you during this time.

If you become ill you need to follow the these steps to keep your self and your fellow residents safe

Immediately phone (1) **364 3444** and follow the prompts to your residence office staff or after hours RA.

They will assist you!

Phone the Health Line 0800 611 116 or the UC Health Centre on 6402 they will advise you

### **Help us stop the spread of infection by following these simple steps:**

Hand hygiene is still the single most effective measure in protecting yourself. Wash your hands with soap and water regularly and dry them thoroughly.

- Avoid touching your eyes, nose or mouth.
- Avoid bodily contact, including shaking hands, sharing drink bottles and food, cups and utensils & pens.
- Wash your hands after using shared computer keyboards.
- Maintain social distancing - 1 metre distance is optimal.
- Reduce time spent in crowded social settings.

If you become sick, stay in your residence for seven days from the time symptoms begin or until you have been symptom free for 24 hours, which ever is longer.

**Make sure you let us know immediately so we can help you!**