



University of
Stavanger

Information on the pandemic for international students at UiS

Visit www.uis.no/pandemi, www.stavanger.kommune.no and www.pandemi.no regularly for updated information.

H1N1

You have no doubt heard of “swine influenza” from the media. Commonly referred to as “swine flu”, the correct name is influenza A (H1N1). Although most of us can cope with it as if it were normal flu, some people belong to risk groups. These people can be susceptible to complications and should therefore receive medication. It is particularly those in these groups who should consult a doctor. If you have symptoms or suspect that you have caught swine flu, please contact your list doctor or the Stavanger Emergency Medical Centre for assessment and treatment.

The Stavanger Emergency Medical Centre opens a special Influenza unit at Mariero Medical Centre, open all days between 16:00 and 22:00, on August 17. All enquiries should be made to the Influenza Phone (800 87 150).

Those who do not belong to a risk group will most likely only suffer mild influenza symptoms that will not require medical treatment. These people only need to stay at home and rest.

You can also keep updated by visiting the health authorities' information pages at **www.pandemi.no**.

What's happening at the University of Stavanger?

The central administration continuously follows the development of the pandemic. A special crisis plan will be put into effect and a crisis leadership group will assemble should the pandemic strike the university. The group will communicate with students and staff through many channels – including via the university website, **www.uis.no**, which will be regularly updated.

The university does not expect to have to cancel lectures and other events. However, special hygiene measures have been put in force in the cafeterias, both for staff and customers. Visit the website **www.uis.no/pandemi** regularly for information on any further special measures. If you fall ill and cannot take part in compulsory activities (e.g. attendance at meetings, class etc. or handing in work), contact your programme of study. If you would like more detailed information, please get in touch with your department.

Risk groups

Risk groups include pregnant women and people who suffer from

- severe lung diseases, particularly those with reduced lung capacity
- chronic cardiovascular diseases
- low immunity
- diabetes mellitus (both type 1 and type 2)
- chronic kidney failure
- serious neurological illnesses

Do you suspect that you have caught swine flu?

Have you

- been in close contact with someone who has the disease?
- a temperature of more than 38 degrees measured with a thermometer?
- a general feeling of being unwell, muscle and joint pain and a headache?
- respiratory symptoms/sore throat/bad cough?

What can you do when you think you have caught swine flu?

- Stay at home for seven days after the symptoms appear. This will help to avoid spreading the disease.
- If you are in the risk group or have severe symptoms such as difficulty in breathing or problems with eating and with drinking fluids, ring your list doctor or the Stavanger Influenza Phone (**800 87 150**).
- Make arrangements with friends or others you know so you will get the help you need if your condition gets worse.
- Keep updated at **www.uis.no/pandemi**. We will post information on the registration procedures for those who are absent due to illness.
- Inform your international student advisor by e-mail if you fall ill.

How can you avoid spreading the disease?

- Wash your hands often with soap and water, particularly if you cough or sneeze. Disinfectants (antibac) are also effective.
- Cough or sneeze in the crook of your arm if you don't have paper tissues available.
- Restrict close contact with people who are ill. If you are sick, you must keep your distance from others to avoid spreading the disease.
- Instead of shaking hands with others, give them a pat on the shoulder or find other ways of greeting them!



Ullandhaug, August 15, 2009

Per Ramvi
University Director