Prevention against Seasonal Influenza

Influenza, commonly known as the flu, is a respiratory infection caused by the influenza viruses. A variety of strains of the influenza virus circulate year-round throughout the world, causing local outbreaks or epidemics. In Canada, influenza season usually starts in November and runs until April. It is estimated that approximately 10-25% of Canadians may get influenza each year. Although most of these people recover completely, as many as 8,000 Canadians die every year from pneumonia related to flu or complications of flu.

A susceptible host infected with influenza viruses may develop the following symptoms:

- Fever
- Headache
- Runny of stuffy nose
- Stomach symptoms, such as nausea, vomiting, and diarrhea
- Dry cough
- Sore throat
- Muscle aches
- Fatigue

Vaccination has been proven to be an effective measure in preventing influenza and reducing the risk of implications from the flu. BCIT Medical Services provides seasonal flu vaccinations prior to the arrival of influenza season each year. Employees and students are encouraged to use the service.
Good personal hygiene, healthy diet and lifestyle also help reduce the risk of infection and the spread of influenza. The following hygiene practices are recommended to prevent flu.

- Wash hands often and well. Hand washing should be done with soap for more than 20 seconds.
- Cover mouth and nose with a tissue when sneezing or coughing. Dispose of used tissues or other potentially infectious articles properly.
- Avoid sharing, eating and drinking utensils.
- Ensure sound sleep, balance diet, regular exercise and sufficient outdoor activities.
- If sick, seek medical help early. Stay home and wear a mask in public places if necessary.

**BCIT First Aid Incidents January 2016**

- School of Transportation
- School of Health Sciences
- School of Energy
- School of Construction and Environment
- School of Computing and Academic Studies
- School of Business
- Other
- Employees

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.

**WHY A HEALTH & SAFETY NEWSLETTER?**

Health and Safety is a priority at BCIT! Health and Safety newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.

The Newsletter will be created and circulated each month. Please visit the Safety and Security office at the North End of SW01 for printed copies of the newsletter.

To submit ideas or suggestions for future installments, please contact the OHS Office.

**JANUARY 2016 FIRST AID SUMMARY REPORT**

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.