The Vice-Chancellor, Dr Max Price has convened a task team to monitor and to manage the expected outbreak of H1N1 (swine flu) / Seasonal Influenza on campus.

- According to health authorities the H1N1 virus is similar to other seasonal flu strains, and most people recover within three to seven days.
- According to the National Institute for Communicable Diseases the fatality rate is 100 to 1 000 times less than seasonal flu.
- The symptoms differ in each individual, based on their own immune system.
  - The treatment is similar to that of seasonal flu including flu and includes bed rest and drinking lots of liquid.
- Only a small number of people infected might be at risk of developing more severe problems. These patients often have other underlying health problems.
- There is no forced isolation of patients by state hospitals or health authorities.

The recommended action to take when experiencing symptoms like headaches, nausea, vomiting, fever, body aches, sore throat, sneezing and coughing, is to:

- stay at home or in your residence room;
- avoid contact with others as far as possible;
- take paracetamol for pain and fever;
- drink ample fluids;
- rest;
- if symptoms are severe or not improving seek medical advice or go to the Student Wellness Centre.

Contacts:
- Student hotline @ Student Wellness Service: 021 650 1068
- Staff can phone Susan Williams on 021 650 4376.
- Discovery Health information line on 0860 998877 24 hours a day, seven days a week.
- Information is also accessible through a banner on the UCT home page at www.uct.ac.za.
- The Student Wellness Service can also be contacted on 021 650 1017 / 1020.