

# FIE's Health Advice

## Preventative measures

- **Make sure that you have an adequate amount of paracetamol-based cold remedies in the house in case you become ill.**
- **Ensure you, and people around you, wash hands regularly with soap and water.**
- **Clean surfaces regularly to get rid of germs.**
- **Use tissues to cover your mouth and nose when you cough or sneeze.** *[Studies have found that the air expelled during a sneeze travels at an amazing 100 miles per hour, and spews out up to 5,000 droplets, containing around 10,000 bacteria, which may be propelled up to 12 feet when you sneeze out loud. Use a tissue!]*
- **Place used tissues in a bin as soon as possible.**
- **Eat well.** *[Five fruit & veg a day.]*
- **Stay hydrated.** *[Keep your body hydrated so if you do encounter germs, your immune system is raring to go!]*

## If you are ill

- **Consult the Medical Information** - FIE students are given this information during orientation but it can also be found : [here](#)
- **Inform FIE staff.** *[We will do our best to assist a speedy recovery.]*
- **Get plenty of rest.** *[Professionals recommend 8 hours sleep per night.]*
- **Keep your germs to yourself!** *[Label a glass that you keep to yourself and keep a plate and set of cutlery in your room. Don't share hand towels in the bathroom.]*
- **Keep clean.** *[Yourself and your home! This will make you feel better and will stop your flatmates catching anything. Keep windows open for ventilation.]*
- **Finally... Stay positive!** *[And don't be afraid to ask FIE staff for assistance if you need anything.]*

## Special advice for Swine Flu (H1N1)

It is important that as swine flu spreads, you learn symptoms of the illness so you can recognise it in yourself and others early.

The typical symptoms are:

- **Sudden fever** (a high body temperature of 38°C/100.4°F or above), and
- **Sudden cough**

**Other symptoms may include:**

- Headache
- Tiredness
- Chills
- Aching Muscles
- Limb Or Joint Pain
- Diarrhoea or Stomach Upset
- Sore Throat
- Runny Nose
- Sneezing
- Loss Of Appetite

**What to do if you have the above symptoms:**

If you think you have Swine Flu, you should contact the National Pandemic Flu Service on 0800 1513 100 or [The National Pandemic Flu Service](#) These services will advise you of the next best steps to take. **You should not contact a doctor or go to the hospital as they will just refer you to the above.** If you are confirmed with Swine Flu, you should follow the hygiene advice above to prevent your germs spreading and inform an FIE staff member immediately.