



FLU PANDEMIC STUDENT CHECKLIST



UNIVERSITY OF
GLOUCESTERSHIRE
at Cheltenham and Gloucester

As you are no doubt aware, the World Health Organisation pandemic flu status has moved to level six, meaning that swine flu is officially a world-wide pandemic. This does not mean that the virus has increased in severity, it just means that it is expected to affect a certain percentage of the population.

It is never too early to plan ahead for the possibility of being unwell and the following checklist can help you to prepare for a possible flu pandemic or other emergency situations. We have shown examples of actions you should take, as well as ideas of non-perishable food items, health supplies and other items that you should plan to have in your room/flat to tide you over if you should become unwell.

The university will aim to keep students and staff updated through its website:
<http://resources.glos.ac.uk/staff/news/swineflu.cfm>

FLU PANDEMIC STUDENT CHECKLIST

FOOD SUPPLIES

- Bottled water (at least a pack of 6 x 1.5 litres per person)
- UHT/long life juices or milk
- Ready-to eat meals, (Pot-Noodles, packet soups, pasta, rice, microwavable food, cereal etc)

HEALTH SUPPLIES

- Pain relief/fever reducers (eg paracetamol, ibuprofen)
- Cough and cold medicine, cough sweets
- Vitamin supplements

REGISTERING WITH A LOCAL GP

You will get the best medical support if you register with a local GP surgery. This can be done online via the university web pages: <http://resources.glos.ac.uk/studentsservices>

PRESCRIPTIONS & MEDICATION

If you take prescription medication, don't wait until it is finished to order more. Try to keep at least one month's supply on hand at all times.

FLU BUDDY

Find and agree on who your flu buddy is, and commit to watching out for them and they will commit to watching out for you.

FINALISE YOUR PLAN

Discuss your plans, should you fall ill with flu, with your friends and family - decide if you think that you would rather go home or stay at university.

OTHER

- Toiletries
- Bin liners
- General first aid kit
- Torches and batteries (in case of power cuts)

DONE

Should you fall ill with flu or flu-like symptoms you should seek medical advice from your GP or via **NHS Direct** www.nhsdirect.nhs.uk

You must also inform the university either by calling your Student Helpzone on: **01242 714444** or by email: studentservices@glos.ac.uk

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If you feel ill and need to see a doctor the last thing you want to do is to then have to try and register with one just to get an appointment.

All students are advised to register with a GP surgery within the first 48 hours of arriving at university.

You can do this quickly, for free and online by visiting: <http://resources.glos.ac.uk/studentsservices>

Once you join a local surgery getting an appointment will be simpler, they will also have access to all your medical records – ensuring that they can treat you better, and then hopefully make you better.

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