



Undergraduate Student Self-Certification Record Influenza A(H1N1) / Swine Flu

IMPORTANT NOTES REGARDING USE OF FORM

1. This form may only be used by undergraduate students who are absent from lectures/practical classes etc. due to Influenza A(H1N1)/ Swine Flu. Please do NOT use this form for any other illness/extenuating circumstance. In all other cases you should use the extenuating circumstances form available from your Undergraduate Programme Office/Programme Office website.
2. A Medical Certificate is not required with the submission of this form. Self-certification of Influenza A(H1N1)/Swine Flu by the student, based on their symptoms is acceptable. For information on the symptoms of Influenza A(H1N1)/Swine Flu please see below or visit www.ucd.ie/influenza.
3. The form must be personally submitted to your Undergraduate Programme Office as soon as possible following your return to UCD.
4. Note that this form can only be used to submit a record of your absence from UCD due to your self-certified Influenza A(H1N1)/Swine Flu for a maximum of seven consecutive days (including weekends). Any absence from UCD for more than seven consecutive days (including weekends) will require a Medical Certificate as per the University's extenuating circumstances policy and procedures.
5. This form may only be used once by any individual student in the academic year 2009-2010.
6. **Any student found to have falsely certified an absence due to Influenza A(H1N1) will be subject to Disciplinary Procedures.**
7. Students who fall into one of the 'high risk' categories must not self-certify Influenza A(H1N1)/ Swine Flu. Students in this group must always seek medical advice if they suspect that they are infected. Please refer to www.ucd.ie/influenza for details of high risk categories.

STUDENT DETAILS

Surname: _____ First Name: _____
Student No: _____ Course/Programme: _____
Contact No: _____ E-Mail: _____

DETAILS OF ABSENCE (MAX 7 CONSECUTIVE DAYS)

Date of Absence: From / / to / /

Please indicate the lectures, tutorials, practical classes, field trips, etc. that you have missed during your absence. Give module codes wherever possible.

Module Code	Details of Missed Lectures (incl. dates)

I declare that all of the above information is truthful and is a true and honest account of my absence from UCD due to my self-certification with Influenza A(H1N1)/Swine Flu.

Signed: _____

Date: _____

Undergraduate Student Self-Certification Record

Influenza A(H1N1) / Swine Flu

Symptoms of Swine Flu

- ***Note that the following information is provided for guidance purposes only and does not have to be submitted as part of your self-certification.***
- ***Note that the use of this checklist is not an alternative to seeking medical attention. If in any doubt as to your health status or if you fall into any one of the high risk categories seek medical attention immediately if you suspect that you have influenza.***

If you have any of the following symptoms **and** a temperature of 38°C or above, you may have Influenza A(H1N1)/Swine Flu:

- a sudden cough
- headache
- tiredness
- chills
- aching muscles
- limb or joint pain
- diarrhea or stomach upset
- sore throat
- runny nose
- sneezing
- loss of appetite

In the event that you suspect that you have Influenza A(H1N1)/Swine Flu:

- Do not come to university for any reason
- Take plenty of rest
- Drink plenty of fluids
- Avoid smoking
- Stay at home and discourage visitors
- Ensure that someone knows of your condition and is available to provide assistance to you if needed

If you have any concerns or if you experience any of the following consult your GP by telephone:

- Shortness of breath at rest or while doing very little physical activity
- Painful or difficult breathing
- Coughing up bloody sputum
- Drowsiness, disorientation or confusion
- Fever for 4-5 days and not starting to get better (or getting worse)
- Starting to feel better then developing high fever and feeling unwell again.

Do not return to university until seven days after the onset of symptoms.