



McGill

Postgraduate Medical Education
Faculty of Medicine
McGill University
3655 Promenade Sir William Osler
Montreal, Quebec
Canada H3G 1Y6

Formation médicale postdoctorale
Faculté de médecine
Université McGill
3655, promenade Sir William Osler
Montréal, Québec
Canada H3G 1Y6

Tel: (514) 398-1458
Fax: (514) 398-3595
postgrad.med@mcgill.ca

H1N1 Virus - Recommendations for Residents

1. If you have the flu or any flu-like symptoms, please stay at home. You can check for the most common flu symptoms on www.fightflu.ca.
2. If you are febrile or your illness is severe please contact your hospital's Occupational Health Office:
MUHC: (514) 934-1934 x44358
JGH: (514) 340-8222 x5115
St-Mary's (514) 345-3511 x3360
If you cannot reach someone and you are very ill, please go to the emergency room of the nearest hospital.
3. The flu may last up to 7 days. You can return to work if you no longer have a fever for 24 hours and are off anti-pyretics.
4. Residents have a dual status of student and hospital employee so you must, during a pandemic, provide care unless you are ill.
5. Pregnant residents can voluntarily take a pre-emptive leave of absence. They should get a letter from their family MD or obstetrician and submit this to their hospital's Occupational Health Office. Please note that all of the time taken off for the pandemic must be made up at the end of residency.
6. Residents with chronic medical conditions who feel that they may be in danger of being infected may also receive pre-emptive leave. They must procure a letter from their treating physician and submit it to the hospital's Occupational Health Office. Please note that there is no guarantee that such requests will be approved.
7. For questions, residents should call the following numbers:
MUHC: (514) 934-1934 x44358
JGH: (514) 340-8222 x5115
St-Mary's (514) 345-3511 x3360

Residents having difficulty getting a medical note should ask their Program Director or Dr Meterissian, the Postgraduate Dean, through Mrs Arsenault.