

## **Influenza A (H1N1) Swine Flu Fact Sheet**

### **How do I know if I have swine flu?**

The symptoms of Swine Flu are the same as Seasonal Flu (e.g. high temperature and cough or sore throat). You may also have runny nose, headache, loss of appetite, muscle aches and extreme tiredness, nausea and vomiting, or diarrhoea).

A nose swab is the only way to know which type of flu a person has. There is so much flu in the community that we are no longer swabbing most children or adults, because the treatment is the same.

### **How can we prevent the spread of flu?**

At present there is no vaccine to prevent anyone from getting swine flu. The following hygiene measures can reduce the risks of getting any type of influenza (flu) including swine flu:

#### Cough and Sneeze Etiquette

People who are coughing or sneezing should be kept at home to avoid spread of any flu type to other people. To reduce the risk of spread of any type of influenza:

- Cough or sneeze into a tissue, or into your own elbow
- Cover your nose and mouth when blowing your nose, use a tissue
- Only spit into a tissue or into the toilet, do not spit in public places
- Immediately throw the tissue into a rubbish bin
- Try to stay 1 metre away from people who are coughing or sneezing
- Use Hand Hygiene after coughing or sneezing

#### Hand Hygiene

- Wash hands well with soap and water for 20 seconds (especially before eating, after coughing or sneezing, and after going to the toilet) AND dry hands thoroughly for 20 seconds, preferably with a disposable hand towel
- Alternately use an antiseptic hand gel for 20 seconds
- Keep your hands away from your mouth, nose, ears and eyes

### Adequate Ventilation

Influenza can spread in indoor spaces that are poorly ventilated:

- Ensure windows and doors can be opened (if weather conditions allow this) and that air-conditioning is working properly
- If possible do not re-circulate air through air handling systems, they should be vented to the outside to the maximum extent possible

### **If anyone in my home has influenza symptoms what should I do?**

The person with symptoms must stay at home for seven days after their symptoms begin or until they have been symptom-free for 24 hours, whichever is the longer time. Staying at home means you should not leave your home except to seek medical care. This means avoiding normal activities including school, work, church, going to the mall, shopping, sport, travel, social events and public gatherings.

### **Seek Medical Advice If:**

Seek medical advice from **Healthline 0800 611 116** or phone your family doctor if you have:

- Been unwell for 3 or 4 days and are not getting any better or are feeling worse
- A high temperature that is not responding to attempts to reduce it
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or stomach
- Been coughing up bloody or green phlegm
- Blue skin around the lips and/or blue skin on finger tips
- Severe pain in the ear/s
- Severe vomiting
- Difficulty waking up or feel disorientated or confused
- Been experiencing fits or uncontrollable shaking
- Started to feel better but then get a high fever and start to feel unwell again

Phone **Healthline** on **0800 611 116** or your family doctor for more information if you or a member in your home has increasing symptoms