



Information on H1N1 Influenza 09 (Swine Flu)

What is H1N1 Influenza 09 (Human Swine Influenza)?

H1N1 Influenza 09 (Human Swine Influenza) is a respiratory disease caused by a new influenza virus.

How does H1N1 Influenza 09 spread?

Spread of H1N1 Influenza 09 (Human Swine Influenza) virus is thought to be happening the same way seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. H1N1 Influenza 09 virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

What are the signs and symptoms of H1N1 Influenza 09?

The symptoms of H1N1 Influenza 09 in people are similar to the symptoms of regular flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhoea and vomiting associated with H1N1 Influenza 09. Like seasonal flu, H1N1 Influenza 09 may cause a worsening of underlying chronic medical conditions. Staff or students who develop the symptoms are advised to;

1. Take leave and not attend your school or college
2. Consult a doctor or the nearest hospital immediately
3. Advise the health service/hospital reception of any recent travel to affected areas so that precautionary measures can be taken.

Reduce your risk of infection

Good hygiene is very important and can reduce your risk of getting swine flu or passing it onto other people. Remember to:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the garbage bin after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Avoid public places and close contact with others if you have the flu.
- Look after yourself and don't get run down, for example, get plenty of sleep and eat a healthy diet.

- Consider having the Australian seasonal influenza vaccine if you are over 65 years. While this probably won't provide any protection against swine flu, it will reduce your chances of getting seasonal flu.
- Avoid travelling to areas where outbreaks have occurred.
- Avoid contact with sick people if possible.
- Be very careful to wash your hands if you are caring for a sick person.

Hygiene Posters, Information and FAQs

[Poster: Protect yourself and your family - Cover your cough and sneeze \(137kb, pdf\)](#)

[Swine Influenza - Frequently Asked Questions \(34kb, pdf\)](#)

<http://www.ossec.dpc.wa.gov.au/documents/preventfluandotherinfections pamphlet.pdf>

LINKS TO INFORMATION:

All information contained in this document is correct at the time of publication but all staff and students should monitor the relevant web sites for the latest or additional information:

Fact Sheets on H1N1 Influenza 09:

[Human swine flu – What Western Australians need to know](#)

Hotlines:

Telephone your doctor or *healthdirect Australia* on 1800 022 222 for further advice

TRAVEL:

Anybody who is planning to travel should refer to the following documents:

Travel Health, Security and Advice (International SOS)

<http://www.internationalsos.com/en/company.htm>

http://www.smarttraveller.gov.au/zw-cgi/view/TravelBulletins/Health-Swine_Influenza

Countries and areas of concern with respect to the H1N1 Influenza 09 as at 29 May 2009 include:

- Canada
- Japan
- Mexico
- Panama
- USA
- Victoria

Inbound travel:

ETI recommends and requests students returning from high risk areas should voluntarily self quarantine for 7 days on arrival back in Australia.

Outbound travel:

Normal protocols apply for application for travel in accordance with DET Policy.

Non-essential travel to countries of concern should be deferred. Currently countries of concern include Mexico, Canada and the USA (refer SOS website link above. School students travelling to any country of concern will be subject to quarantine procedures upon their return to Australia

NOTIFICATION:

Parents or carers of any school student who contracts Swine Flu is asked to notify the Principal of their school as well as ETI Student Services on +61 8 9218 2100.

SUPPORT AND COUNSELLING:

Parents, Carers and Students please contact ETI Student Services by telephone on +61 8 9218 2100.