



Pandemic (H1N1) 2009 (Human Swine Flu)

FACT SHEET

A new type of flu called Pandemic (H1N1) 2009 (Human Swine Flu) is going around.

The symptoms

The symptoms of H1N1 Influenza 09 are similar to the normal flu. You may have:

- ✦ high temperature
- ✦ coughing
- ✦ runny or stuffy nose
- ✦ sore throat
- ✦ head aches
- ✦ body aches
- ✦ chills
- ✦ tiredness

With this flu, you can also get diarrhoea and vomiting.

Look out for yourself and for your family

If you or a family member gets flu-like symptoms talk to your local healthcare worker, clinic or doctor. They can arrange testing if necessary and talk to you about care.

Stay away from others if you're sick or they're sick. If you're sick, you should rest and follow your healthcare worker's advice.

If you, your kids or other family members start feeling worse get medical help straight away. It doesn't matter what age you are, or whether you are usually fit and healthy – if you start feeling worse get help straight away.

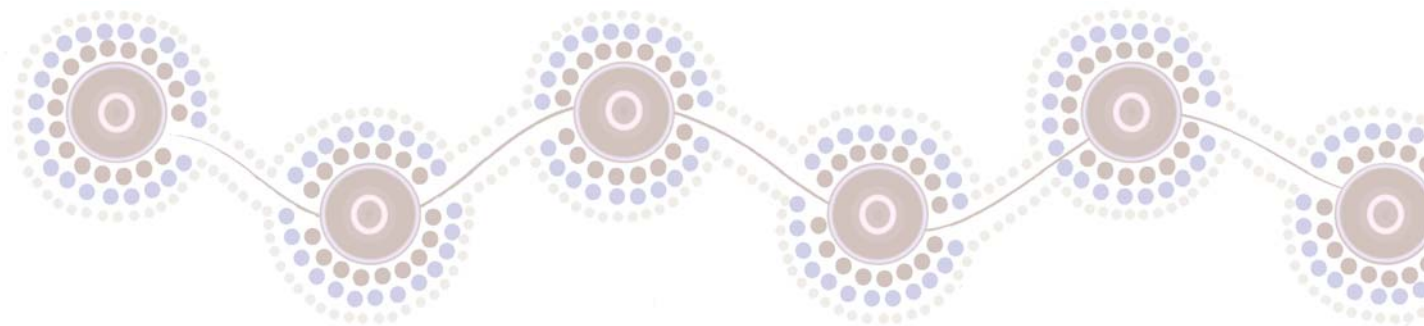
Wash your hands with soap and water as often as you can and try not to touch your face with your fingers.

The earlier you get help the better.

For more information talk to your local healthcare worker, clinic or doctor.
Call **180 2007** or visit www.healthemergency.gov.au



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People at more risk

This flu could cause serious illness in Aboriginal and Torres Strait Islander people who already have other health conditions and may make them sicker if they get it.

These include:

- ✦ Diabetes
- ✦ Heart disease
- ✦ Obesity
- ✦ Kidney disease
- ✦ Asthma or chronic obstructive pulmonary disease (COPD)
- ✦ Weak immune systems

Pregnant women are also at greater risk.

Help stop the spread

You can help reduce the spread of the flu.

ALWAYS:

- ✦ Cover your nose and mouth when you cough or sneeze. Put used tissues in a rubbish bin.
- ✦ Wash your hands with soap and water as often as you can, especially after coughing or sneezing and always before eating.
- ✦ Avoid touching your eyes, nose or mouth because germs can spread to you if you do.

IF YOU ARE SICK:

- ✦ Stay away from people if you're sick. Avoid going into public places and stay a couple of steps away from other people when you're out and about.
- ✦ Stay at home and rest until you're better.

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