



Pandemic (H1N1) 2009 (Human Swine Flu)

COMMON QUESTIONS

Q: What is Swine Flu and why are people so worried about it?

A: Pandemic (H1N1) 2009, or Human Swine Flu, is a new type of flu. Because it's new, most people don't have any natural immunity to it and there isn't a vaccine yet.

Q: Am I or my family at risk?

A: This flu spreads easily from person to person. It could lead to serious illness especially for people with other health conditions like:

- + Diabetes
- + Heart disease
- + Obesity
- + Kidney disease
- + Asthma
- + Weak immune systems
- + Chronic obstructive pulmonary disease

Pregnant women are also at greater risk.

Q: How do you catch the flu?

A: You could catch the flu if someone who has it coughs or sneezes near you. You might also get it by touching things that the infected person has touched or coughed on and then touching your face.

Q: How do I know if I've got Human Swine Flu?

A: Human Swine Flu symptoms 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.

Q: What should I do if a member of my family gets the flu?

A: If you or a family member gets flu-like symptoms talk to your local healthcare worker, clinic or doctor straight away. They will advise you on what you need to do and arrange testing and treatment if you need it. If you have the flu you should stay away from others, get plenty of rest and follow medical advice. If you, your kids or other family members start feeling worse get medical help straight away.

Q: If someone gets sick will they have to go to hospital?

A: In most cases people who get this flu will get better at home. Some people who do get very sick with the flu may need to go to hospital or get specialist medical attention. This includes people with a mild flu who start feeling worse.

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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Q: What about going places and community events?

If you're NOT sick:

- ✦ There are no travel restrictions or special requirements for travel within Australia, and there are no restrictions on large community gatherings.
- ✦ Remember that being in big groups of people can increase the risk that you come into contact with the flu.
- ✦ If you have any health conditions that could make you get sicker, you should reconsider your visit.
- ✦ If you must travel, try to avoid crowded places and stay away from people who have the flu.

If you ARE sick:

- ✦ It's best not to attend community gatherings or travel to other communities because it may put other people at risk of getting sick too.

Q: What can I do to avoid getting or passing on this flu?

A: You can reduce your chances of getting this 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.

IF YOU'RE SICK:

- ✦ Stay at home and rest until you're better.
- ✦ Stay away from other people.
- ✦ Avoid going out to public places.
- ✦ If you have to go out of the house stay a couple of steps away from other people when you're out and about.

Q: I get a seasonal flu shot every year. Will that protect me against this flu?

A: No. The seasonal flu shot does not appear to protect people from this flu.

Q: What does community transmission mean?

A: Community transmission is when people become sick with the flu but don't know who they caught it from. It could have come from surfaces contaminated with the virus or from someone coughing close to them in the community.

Q: What is the Government doing to stop this flu?

A: The Australian, state and territory governments are closely monitoring this flu and providing advice to Australia's health workers and the community on how to manage the virus. The aim is to manage its spread and minimise serious health problems, especially for people at greater risk, while a vaccine is developed.

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