

H1N1 Influenza 09 (Human Swine Flu)

Victoria will continue to respond quickly to minimise the impact of influenza on the community - Dr Rosemary Lester



Victoria is now in a modified 'Sustain' phase of our plan to manage the impact of this strain of influenza in our community.

What does this mean for Victorians?

- The virus has so far been mild and can be compared to our normal winter flu.
- There is no longer a need to quarantine everyone who has been in contact with a confirmed case of swine flu.
- Only confirmed cases will need to be quarantined for three days and will all continue to be given the most appropriate treatment. Household members will continue to be provided with Tamiflu, but will not be quarantined.
- The Victorian Government will focus on those most vulnerable to influenza: those in child care centres, aged care facilities, special developmental schools and hospitals.
- We will provide day-to-day support for those most in need in our community.
- The Victorian Government will continue to monitor the spread and severity of the virus through the community.
- Dedicated flu clinics continue to operate across the state to support our emergency departments.

Schools

Schools will no longer be closed when cases are confirmed, except for special developmental schools.

Your best defence against the flu

Wash your hands. Wash them often with soap and water - especially after you cough or sneeze. This is the most effective thing that you can do to fight the flu over the coming months.

What else can you do?

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in a plastic-lined rubbish bin after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

If you are unwell with flu-like symptoms

- Stay home from work, school and limit contact with others.
- Call your GP for medical advice

Need to find out more?

- Visit www.health.vic.gov.au
- Call the Swine Influenza hotline on **180 2007**
- Call Nurse-on-Call on **1300 60 60 24** for expert health information (freecall 24 hours, 7 days).