

A/H1N1 Infection (Swine Influenza)

Swine Influenza (flu) Information Sheet

As with all Influenza (flu) outbreaks it is timely to cover the basics, with the latest Swine flu being similar to “regular” flu outbreaks.

As with most flu like symptoms, swine flu includes fever, sweating, cough, runny nose, muscle aches, fatigue, sore throat, nausea, vomiting or diarrhoea. If you are experiencing any of these symptoms it is unlikely that it is swine flu but if you are concerned you should see your doctor.

You should seek urgent medical attention if you experience difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, and severe or persistent vomiting.

What can you do? Well in general it's the same as for any other flu outbreak; look after your personal hygiene to help stop the spread of any flu germs:

- Cover your mouth and nose when you cough or sneeze.
- Throw dirty tissues in the bin.
- Wash your hands with soap regularly.
- If you feel unwell and think you have the 'flu, don't go to work, or send any children to school or child care.
- While it is not expected that the influenza vaccine will provide protection

against this new strain of flu, it provides effective Immunisation against routine, seasonal influenza.

Above all, if you are unwell see your doctor.

It is not known whether the flu vaccination can help prevent the spread of swine flu and authorities will issue further advice when the situation becomes better understood. However medications such as Tamiflu have proven to be effective in reducing the length and severity of symptoms of swine flu

Swine Flu and HIV?

As with all people who have a chronic disease and may have a lower than normal immune system it is best to err on the side of caution; seek medical advice if you are unwell.

Further information and updates will be provided as more information comes to hand about the swine flu.

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You can also seek further information from ACT Health on their website at www.health.act.gov.au

