



protect yourself
protect others

H1N1 INFLUENZA 09 (HUMAN SWINE FLU) UPDATE

FROM THE ACTING DIRECTOR OF PUBLIC HEALTH

Dear Parent/Carer

Thank you to those parents who have kept children home from school following travel to Victoria (and other areas) this week.

This strategy was important. Most of our new cases this week were in children. Keeping them away from schools helped us avoid a number of possible outbreaks. This helped us hold back the spread of this virus for another week, and bought time to better understand the virus and prepare for the next phase in minimizing its impact on Tasmania. It also took us a week closer to vaccine being available.

Now it is time to move to the next phase of response. The vast majority of people infected so far have had a mild illness and have recovered after a few days at home.

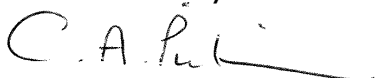
Some people have had severe illness. This next phase will focus on protecting those people who have severe illness or who are at risk of severe illness from this virus. *This includes pregnant women, people (children and adults) with asthma or other chronic illnesses and people who are morbidly (significantly) obese.*

From Monday 22 June 2009:

- Children will not be required to stay home after travelling (e.g. to Victoria). Children who are currently excluded because of travel can return to school on Monday.
- Anyone with flu symptoms (fever with a cough and/or sore throat) should stay at home and away from others as much as possible for 7 days from the start of their illness.
- Testing and antiviral treatment will be restricted to those at risk of severe illness or who have moderate or severe symptoms. This is because for most people symptoms can be managed with medicines like paracetamol.
- People who have been in contact with confirmed cases will not be home quarantined.
- People will be asked to phone 1800 FLU DOC (1800 358 362) if they are worried about the severity of their symptoms or if they are sick and in a high risk group.
- Flu Clinics will continue to operate, but will be reviewed.

We will continue to closely monitor the situation and tailor our response as appropriate. For more information – and to stay informed – please visit www.pandemic.tas.gov.au or phone 1800 358 362.

Yours sincerely



Dr Chrissie Pickin, 18 June, 2009
Acting Director of Public Health