

# H1N1 Influenza 09 (Human Swine Flu)

## Update from the A/Director of Public Health, 27 May 2009

Dear parents,

Today I advised school principals that, for the time being, no student should attend school within 7 days of travel to Japan, Panama, Mexico, USA and Canada. **Japan and Panama** have been added to the list of countries we are taking special precautions against. **This arrangement now also includes children at child-care centres.**

The reason for excluding students for seven days ***even though they appear well***, is that:

1. It can take 7 days for people to get sick from flu after they've been infected
2. People can spread flu to others 24 hours (a whole day) before they start to feel sick.

By excluding students who have travelled to the listed countries there is less risk of the whole school having to close for seven days. Interstate there have already been a number of schools that have had to close for seven days because of H1N1 Influenza.

By excluding students who have travelled to the listed countries, there is also less risk of other children getting sick.

Within seven days of travel to the listed countries, students should remain at home as much as possible, and away from other people. They should not go anywhere they are likely to be close to other people.

There is no reason for adults to stay home after travel, but adults should wash their hands often, try to keep a large step from others and phone 1800 358 362 for health advice without delay if they start to feel unwell with flu symptoms.

More information about H1N1 Influenza 09 and how to protect yourself is attached.

For more information about school arrangements, please contact your school or call the Department of Education's Service Centre on 1800 816 057.

Thank you for your assistance in this important community health issue.

Yours sincerely



Dr Chrissie Pickin  
**Acting Director of Public Health**

