



Information for home management of Human Swine Influenza

This information has been given to you because:

- you may have Human Swine Influenza or
- you have been exposed to someone who may have it.

If you have been asked to stay at home because you have been exposed to someone who is sick and you develop any of the following symptoms, **please contact your Population Health Unit* as soon as possible:**

- fever and any one of the following
- cough; sore throat or runny nose

*If after hours call **13HEALTH (13 43 25 84)** to put you through to a public health officer

TO PREVENT SPREAD

- 1** Please go home (or to where you are staying) immediately and stay there for the period of time advised by your doctor or the population health unit, or until you are advised otherwise.
- 2** Do not mix with other people.
- 3** If you have flu like symptoms and in the same room as others in your house
 - wear a face mask or cover your nose and mouth
 - do not get closer than 1 metre
 - stay in a separate room
- 4** If possible, use a toilet no one else uses. This is particularly important if you have diarrhoea.
- 5** Wash your hands regularly with soap and water, at least 6 times a day.
- 6** Each time you cough or sneeze:
 - cover your nose and mouth
 - use tissues and throw them into a bin immediately after use
 - immediately wash your hands or use alcohol gel or hand wipes
- 7** At least once every day clean the door knobs, taps, light switches etc that you and other people touch with warm water and a household detergent.
- 8** Don't share toothbrushes, towels, pillows or anything else like that.

TO LOOK AFTER YOURSELF

- drink lots, eat if you can, and rest
- paracetamol is useful for fever
- if you have been given antiviral medicine, take it
- ring a friend each day for a chat
- if you need assistance while confined to your home, **call 13Health (13 43 25 84)**

SEEK MEDICAL ADVICE IF YOU:

- have trouble breathing **or**
- get confused or very drowsy **or**
- have high fevers for more than 48 hours **or**
- can't drink for more than 24 hours **or**
- have severe diarrhoea or vomiting, or cough up blood

telephone your doctor or

13HEALTH (13 43 25 84)

If you are very unwell,
call **000** and
ask for an ambulance.

