



## SPECIAL NOTICE June 2009 – Swine Flu

As the Swine Flu epidemic grows stronger in Australia, Volleyball Victoria has released this communication to provide you with some information and helpful tips provided by the Australian Government.

Please read this information carefully, ensure that you take reasonable precautions and notify the relevant people if you suspect you have an influenza type illness.

This is important for your own health and safety as well as that of your colleagues and fellow members.

### ***What is H1N1 Influenza 09 (Human Swine Influenza)?***

H1N1 Influenza 09 (Human Swine Influenza) is a respiratory disease caused by a new influenza virus

### **How can I reduce the risk of contracting H1N1 Influenza 09 (Human Swine Influenza)?**

Personal hygiene remains vital. We should all follow flu season hygiene procedures which can greatly reduce the chances of getting influenza or passing it on to others.

- 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.
- Regular hand washing with soap and water, especially after you cough or sneeze and before meals. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- If you have the influenza, you should avoid public places and close contact with others, especially children.

### **How does H1N1 Influenza 09 (Human Swine Influenza) spread?**

Spread of H1N1 Influenza 09 (Human Swine Influenza) virus is thought to be happening the same way seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing.

Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

H1N1 Influenza 09 (Human Swine Influenza) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

Transmission may also occur when an infected person contaminates an object or surface, and another person touches that surface and then touches their mouth or nose.

The virus may persist on hard surfaces for 1-2 days, particularly in cold or low humidity conditions.

**The Virus may remain viable on hands for up to 30 minutes**

### **Contact and help Details?**

The Department of Health and Ageing has established a new, national hotline for the public to receive health information about the outbreak overseas of H1N1 Influenza 09 (Human Swine Influenza).

**The National number is 1802007 or ([www.health.gov.au](http://www.health.gov.au))**

**Please call your GP** if you have an Influenza-like illness (fever, cough and fatigue) and/or have travelled to Mexico, USA, Canada, Japan or Panama in the past seven days

**Please call your local hospital only** if you are seriously unwell with flu like symptoms and/or have travelled to Mexico, USA, Canada, Japan or Panama in past seven days, or have been in direct contact with a confirmed case of Human Swine Flu.

**Victoria - Nurse-on-Call Tel. 1300 606 024** if you have flu like symptoms and for expert health information and advice (24 hours, 7 days).

**Victoria Health professionals -Contact our Communicable Disease Prevention & Control Unit by:**

**Phone:** 1300 651 160, **After hours paging service:** 1300 790 733