

protect yourself, protect others

An important message for school parents

Should I be sending my child to school or child care?

H1N1 Influenza 09 (Human Swine Flu) spreads easily. It causes mild illness for most, but severe illness for some.

Those most at risk of severe illness are pregnant women, people with asthma, heart or lung disease, diabetes and people who are significantly obese or immuno-compromised.

We are in the early days of an influenza pandemic. The virus is spreading around the world under close and careful watch and we are ready to provide care for those infected.

We are likely to see much higher numbers of cases over coming weeks. We all need to do what we can to help keep the number of cases down.

We have an opportunity to slow the spread of illness. It is a responsibility we must all share.

Because the virus spreads most rapidly in schools, no child should attend school or childcare within FIVE days of being in an area where there is sustained community transmission of the virus. This includes Victoria, Mexico, USA and Canada.

If you or your child are sick with flu symptoms – wherever you have been – stay home.

How can you tell if your child has flu?

The most common symptoms of flu are rapid onset of fever (high temperature), dry cough, sore throat, and body aches and pains. Flu makes you feel miserable all over, while a cold is generally focussed on your head and throat.

Do your bit

- try to keep a large step from others in public
- cover your cough
- wash your hands regularly and use alcohol-based hand rub
- keep your child at home if they're sick
- phone for advice (1800 358 362) if you have flu symptoms - before going to a doctor, hospital, pharmacy or flu clinic
- take care all the time. You can spread flu for a whole day before you start to feel unwell.

Dr Chrissie Pickin
Acting Director of Public Health



Cover your
cough



Wash your
hands often



Keep your
distance
in public



Know the signs -
fever, cough,
sore throat



Stay home
if you're sick

1800 358 362 (1800 FLU DOC) www.pandemic.tas.gov.au