



## While staying at home

Issued to \_\_\_\_\_ on \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**This information is for you because you have been in close contact with someone who has, or may have Human Swine Influenza OR you have or may have the disease. In either case please ...**

- 1** Remain at home (or where you are staying) for the period requested or until you are given the “all clear” from **Population Health** to get back to your usual activities. Do not go out or mix with other people
- 2** Ask friends not to visit, but stay in contact by phone each day
- 3** Ring your doctor if you need advice or medical help. If you don't have a doctor, or need help to stay at home, ring **13 Health (13 43 25 84)**
- 4** At least once a day, clean surfaces like door knobs, taps and household appliances you and other people touch
- 5** Wash your hands frequently with soap and water, or use alcohol gel or hand wipes, especially after coughing or sneezing
- 6** Cover your mouth and nose when coughing or sneezing. Use tissues and throw them in a bin straight after use
- 7** Don't share items like tooth brushes, pillows or towels
- 8** If you have been provided antiviral medication, take it as prescribed. If you think you are having side effects from the medication, please discuss these with **Population Health** **BEFORE** you stop taking the medication

### IF YOU ALREADY HAVE 'FLU'

- If possible, stay in a room separate from others. If another person is going to enter your room, put on a face mask or cover your nose and mouth, and don't get closer than 1 metre
- If available, use a separate toilet to others, particularly if you have diarrhoea
- Rest and try to drink and eat
- Use paracetamol for fever
- Take any medications you have been prescribed

### SEEK MEDICAL ADVICE IF YOU:

- Have trouble breathing
- Get confused or very drowsy
- Have high fevers for more than 48 hours
- Can't keep fluids down
- Have severe diarrhoea, vomiting, or cough up blood

### IF YOU DON'T ALREADY HAVE 'FLU'

- If you are caring for a person who is suspected of having human swine influenza, have them wear a mask when you go near them, and wash your hands afterwards
- Monitor your health. Watch for symptoms of flu such as fever, chills, cough, sore throat, runny nose
- If you develop any of these symptoms:
  - Call your doctor. If you don't have a doctor, ring **13 Health (13 43 25 84)**
  - Let **Population Health** know as soon as possible during daylight hours

**ADVICE IS ALWAYS AVAILABLE ON  
13HEALTH (13 43 25 84)**

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

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