



## An important safety notice from the New Zealand Government and the Ministry of Health for people arriving in New Zealand

# Influenza A (H1N1) 'Swine Flu'

### What to do if you develop influenza

If you've recently arrived in New Zealand and develop influenza, you may have the new Influenza A (H1N1) – also known as 'swine flu'. Both seasonal influenza and 'swine flu' generally cause a mild to moderate illness that most people will recover from without needing medical treatment.

In some people, symptoms may become more severe. If this happens, or if you have a significant underlying health condition, you should phone a doctor or **Healthline 0800 611 116** for advice. If you then need to consult a doctor you may have to pay for some of your medical costs. It's very important that you phone the medical centre first – don't just turn up, because you could spread infection to other people.

If a doctor thinks you have Influenza A (H1N1), you may be asked to isolate yourself until you are well. This means you should stay away from other people and not go out in public.

Symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also experience diarrhoea and vomiting.

Anyone who develops these symptoms should stay away from other people and cover coughs and sneezes.

If you are well, you can reduce your chance of catching any type of influenza by regularly washing and drying your hands and avoiding close contact with people who are sick.

**Healthline 0800 611 116** is a free health advice service that operates 24 hours a day, 7 days a week and is staffed by registered nurses.

Free health advice  
when you need it



**Healthline**  
0800 611 116

For latest updates on Influenza A (H1N1) go to:  
**[www.moh.govt.nz](http://www.moh.govt.nz)**

# Stop the spread of germs that can make you and others sick

## Wash and dry your hands often

Wash your hands for at least 20 seconds and dry them for 20 seconds, or use an alcohol-based hand rub.

Wash your hands before preparing food and eating or smoking and after coughing, sneezing, wiping children's noses, visiting the toilet or changing nappies.



## Cover your coughs and sneezes

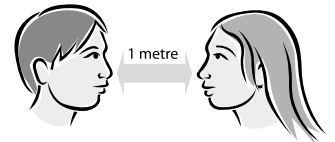
Cover your mouth and nose with a tissue when you cough or sneeze and put the used tissue in a lined bin. (If you don't have a tissue, cough or sneeze into your upper sleeve – not your hands.) Remember to wash your hands afterwards.



## If you're sick, don't get close to others

If you become unwell, stay away from other people.

If you have an influenza-like illness, you should stay at home or in other accommodation until you are well.



You shouldn't go out in public. If you have to go out for any reason, stay at least 1 metre away from other people. Always cover your coughs and sneezes with a tissue, and avoid any physical contact with other people (eg, hand shaking, kissing, hugging).

## Symptoms of influenza

Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also experience diarrhoea and vomiting. In more severe cases, or in people with underlying medical conditions, complications such as pneumonia may develop.

## Caring for someone who is sick

For someone who is usually healthy, the main concerns with influenza are dehydration and fever. Keep drinking fluids – up to 2 litres a day. Cold drinks are best, especially drinks that contain a little sugar. Paracetamol and ibuprofen are good for bringing down a fever and reducing aches and pains. If the sick person has other medical problems, please seek medical advice sooner rather than later.

## When to seek medical advice

If symptoms worsen seek medical advice by calling **Healthline 0800 611 116** or calling a doctor. If the unwell person becomes disoriented or has difficulty breathing, you should seek immediate medical advice. In an emergency, dial 111 for an ambulance.

**Healthline 0800 611 116**

It's free to call, 24 hours a day, seven days a week