



## Information Sheet 3: Flu Management

29.6.09

Australia's pandemic alert level is PROTECT.

During this phase it is important for medical practitioners to identify patients who are at risk of severe H1N1 Influenza 09 disease and secondary complications. This category of people should be managed with antivirals. Antiviral medication should be given within 48 hours of onset of illness. If testing is available and the person tests negative, antiviral therapy can be ceased.

Groups particularly vulnerable to the severe outcomes

- Chronic respiratory conditions including asthma and Chronic Obstructive Pulmonary Disease
- Pregnant women (particularly in the second and third trimesters)
- Persons with morbid obesity
- Indigenous people of any age
- Persons with chronic illness predisposing them to severe influenza such as: cardiac disease (excluding simple hypertension), diabetes mellitus, chronic metabolic diseases, chronic renal failure, abnormalities in the production of haemoglobin, immunosuppressed conditions (including cancers, HIV/AIDS infection, drugs) and chronic neurological conditions

During the PROTECT phase the clinical definition for an acute respiratory illness is fever (38 degrees or well documented history) with cough and/or sore throat.

People who will be given antivirals in this phase are:

- People with moderate to severe clinical acute respiratory illness from H1N1 Influenza 09
- Those with acute respiratory illness from groups identified as vulnerable (see above)

Because the disease is mild in most people antivirals will not be generally provided.

All people who are unwell should isolate themselves and attempt to reduce spread of disease to others. Consult with a medical practitioner by phone. Cover nose and mouth when coughing and sneezing and if using tissues, dispose of them carefully. Clean hands regularly and immediately after coughing or sneezing with soap and water or with an alcohol-based hand rub. Alleviate symptoms by rest, drinking plenty of fluids and using a pain reliever. A non-aspirin pain reliever should be used by children and young adults because of the risk of Reye's syndrome.

**Remember personal hygiene is crucial.** We would appreciate you supplying liquid soap and paper towels for your Support Workers and other visitors to use.

**Please contact Bayside Community Options on 32691915 or 0408691929 if you have a fever (38 degrees) with cough and/or sore throat so that we can discuss your service requirements. For the most up to date advice about H1N1 Influenza 09 ring 13 Health (13 43 25 84).**