

# WHAT YOU NEED TO KNOW

## WHY THE CONCERN?

- Most people have no immunity to swine flu, so are more likely to be infected.

## HOW DO I AVOID IT?

- Wash and dry your hands frequently or use a cleanser like an alcohol-based gel.
- Cover coughs and sneezes with a tissue and dispose of the tissue in a rubbish bin with a lid or plastic bag.

## WHAT ARE THE SYMPTOMS?

- Same as seasonal flu, including fever, cough, sore throat, stuffy nose, body aches, headache, chills and fatigue.

## WHAT IF I GET SWINE FLU?

- The Ministry of Health wants anyone who has recently travelled overseas and develops symptoms to phone their GP or Healthline (0800 611 116) for advice.
- Ring before you go to a hospital or health centre because of the risk of infecting other people there.

## WHAT PLANS SHOULD I MAKE?

- If you have school children, consider who will look after them if their school closed.
- The Labour Department wants people to consider working from home or using rolling shifts if businesses are affected.
- People are urged to stock up on several days' food and to have enough medicine, in case no one in the house is able to go out.

## CAN IT BE TREATED?

- Tamiflu is effective at prevention and reducing the severity of the disease. It can be purchased over-the-counter from pharmacies.
- Vaccines will be developed, but are unlikely to be available in New Zealand for several months.