



Human Swine Infuenza (H1N1) Update

Notice to Parents/Guardians 28 July 2009

The number of cases of Human Swine Influenza is increasing each day. Western Australia is now in the Protect phase. The World Health Organization pandemic alert level is now at phase 6. This indicates that a global pandemic is under way; however, Human Swine Influenza is a mild illness in most people. People with underlying conditions will be a target for testing, treatment and care.

The Health Department of WA has recommended the following:

- schools will not be closed if students are found to have Human Swine Influenza
- children no longer need to be kept home after travelling
- voluntary home isolation is recommended for those who have mild illness. Children are urged to stay home if they are unwell, to protect their classmates
- contacts will no longer be quarantined.

In essence the message is: **“Stay home and do not go to school or social events until you are well.”**

The College requests that parents/guardians keep their children at home for several days if they are displaying symptoms of influenza. These symptoms include:

- fever
- cough
- sore throat
- body aches
- headache
- chills and fatigue
- vomiting and diarrhoea.

If your child is given a diagnosis of Human Swine Influenza, we would appreciate you notifying the College Nurse, Mrs Eason on 9300 7444.

If you should have any more questions or concerns about the Human Swine Influenza please call the Influenza Hotline on 1802007 or visit the Department of Health website <www.public.health.wa.gov.au>

Sandra Hortin
Deputy Principal Students

Advice for parents

Previously healthy children and adults with a mild flu-like illness do not need to go to the GP or hospital to be tested for human swine flu. These individuals should completely recover on their own, without the need for prescription medicines. The illness typically resolves within a few days, and patients should stay at home and rest until they are better.

Children and adults with severe illness, or those with chronic underlying medical problems should consult their GP for specific advice. Medical conditions that can make one more vulnerable to complications from influenza include chronic respiratory diseases, such as asthma, heart disease, morbid obesity, diabetes, and pregnancy.

The WA Department of Health will continue to closely monitor the severity and spread of this novel H1N1 influenza outbreak and amend this advice if required.



Sandra Hortin
Deputy Principal Students

18 June 2009