

# Human Swine Influenza A (H1N1)

## **What is swine flu?**

Human swine influenza A (H1N1), commonly known as swine flu, is a new type of human influenza virus which causes respiratory disease. This virus is spread from person to person.

## **How is swine flu spread?**

Human swine influenza is thought to be spread when infected airborne droplets, produced by coughing or sneezing by someone with the infection, come into contact with a mucous membrane (lining of the nose and mouth).

Infection may also be spread by contact with hands, tissues and other articles soiled by infected nose and throat discharges.

## **What are the symptoms?**

Symptoms of swine flu in humans appear to be similar to those produced by seasonal flu. These include fever and cough, sore throat, fatigue and respiratory illness. However, like seasonal flu, it may cause a worsening of other underlying chronic medical conditions such as diabetes.

## **What is the current situation?**

The situation is constantly changing so for up to date information, please visit [www.flu.sa.gov.au](http://www.flu.sa.gov.au)

## **Should we cancel scheduled games?**

At this stage there is no need to cancel games, but SA Health recommends you put up posters at your venue asking anyone who with flu-like symptoms to stay away from all sporting activities until they are better.

## **What should we do if we suspect a player may have human swine influenza?**

If a player develops any of the symptoms described above, they should be sent home immediately. They should also be advised to call their general practitioner to discuss whether they can see them, contact their nearest hospital with an emergency department or if possible, attend one of the designated flu hospitals:-

- Metro - Flinders Medical Centre, Royal Adelaide Hospital (adults only) and Women's and Children's Hospital for children
- Country - Berri, Mount Gambier, Port Lincoln, Whyalla and Port Augusta for children, or contact your nearest hospital or health service

Those living in the country, and not close to a designated flu hospital, should contact their local health service which will discuss appropriate action with the nearest flu hospital.

The player should not return until a medical assessment has been undertaken and they have been cleared by a doctor.

### **What should happen if a player suspects they may have been exposed to human swine influenza?**

Anyone who thinks they may have been exposed to human swine influenza should seek medical advice by telephoning their doctor to discuss their symptoms or contact the National Human Swine Influenza Hotline on 180 2007 for further advice.

### **What happens if a player is confirmed as having human swine influenza?**

The Communicable Disease Control Branch (CDCB), SA Health, will arrange for assessment of all concerned and will provide antiviral drugs to those who need them. Some team members may be directed to stay in home isolation for seven days following a confirmed case.

### **What does home isolation mean?**

If a player is told to remain in home isolation by CDCB, they need to stay inside their home and have minimal contact with other people in the house. Visitors should not be encouraged and they should not participate in **any** sports.

There are a number of health precautions that should be taken whilst in home isolation. These are listed in the fact sheet 'For people who may have been exposed to human swine influenza'. If you have not already been given this fact sheet, you can download a copy from [www.flu.sa.gov.au](http://www.flu.sa.gov.au)

### **Do family members and friends also need to be isolated?**

Only people who are direct contacts of a suspected or confirmed case of swine flu may need to be in home isolation.

Family members or friends of those who have been in direct contact (but who are not cases or suspected cases themselves) are free to carry on as normal.

However, if they do start to feel ill, they should see a doctor as quickly as possible or visit one of the flu hospitals listed previously.

### **How can we help control the spread of human swine influenza?**

General infection control practices and good hygiene can help to reduce the spread of all viruses, including swine flu.

SA Health provides resources to help you spread the message about good hygiene. To download these posters and fact sheets for display around your venue, visit the "Wash, Wipe, Cover – don't infect another" pages at [www.health.sa.gov.au/infectioncontrol](http://www.health.sa.gov.au/infectioncontrol)

Information can also be found in our Fact Sheet 'Good Hygiene Tips'.