



Red Beach School 22nd June 2009

NIHI – Swine Flu Virus Update 2

Following our first pandemic update we have been advised through the Ministry of Health on Friday that New Zealand is transitioning to a “manage it” phase in its Influenza A (H1N1) Swine Flu strategy. The “containment” phase has helped restrict the number of cases and slowed the spread of the virus.

The Ministry of Health advises that there is no need for any restrictions on people returning to work or school after an overseas trip, unless they have symptoms. The continuing aim is to reduce the impact of the virus on people, communities and the health system at a time when they are already managing the usual winter flu increases.

It is unlikely that schools will be advised to close if they have suspected or confirmed cases.

Gatherings such as parent teacher evenings, sports tournaments can continue, with the usual precautions.

- Students or staff with symptoms should stay at home in line with normal practice.
- Hygiene measures should continue including hand washing before and after eating, keeping hands away from mouths, and covering mouths when coughing or sneezing.
- Care should be taken that students who have particular medical conditions or who are susceptible to infection avoid contact with people who have symptoms.

The Ministry of Education has been continually updating its website and will continue with daily updates on www.minedu.govt.nz/PandemicUpdates. Medical information is on the Ministry of Health website www.moh.govt.nz/influenza-a-h1n1. Travel information is available on www.safetravel.govt.nz

The table below outlines information on the difference between Flu and Cold symptoms

SYMPTOM	INFLUENZA	COMMON COLD
Fever	Usual, sudden onset 38-40 degrees and lasts 3-4 days	Rare
Headache	Usual and can be severe	Rare
Aches and pains	Usual and can be severe	Rare
Fatigue and weakness	Usual and can last 2-3 weeks or more after the acute illness	Sometimes, but mild
Debilitating fatigue	Usual, early onset can be severe	Rare
Nausea, vomiting, diarrhoea	In children over 5 years	Rare
Watering of the eyes	Rare	Usual
Runny, stuffy nose	Rare	Usual
Sneezing	Rare in early stages	Usual
Sore Throat	Usual	Usual
Chest Discomfort	Usual and can be severe	Sometimes, but mild to moderate
Complications	Respiratory failure; can worsen a current chronic condition' can be life threatening.	Congestion or ear ache
Fatalities	Well recognised	Not reported
Prevention	Influenza vaccine; frequent hand-washing; cover your cough	Frequent hand-washing, cover your cough