

# What to expect if you have H1N1 Influenza 09 (Human Swine Flu)

## Introduction

This fact sheet gives you information on what to expect if you have been exposed to either H1N1 Influenza 09 or the seasonal influenza virus.

## What to expect with the flu

### Day 1–3:

Sudden fever (temperature over 38° C), headache, muscle pain and weakness, dry cough, sore throat and sometimes stuffed nose.

### Day 4:

Fever and muscle aches decrease. Hoarse, dry or sore throat, cough and possible mild chest discomfort become more noticeable. You may feel tired, depressed or flat.

### Day 8:

Symptoms decrease. Cough, tiredness and mild depression may last 1–2 weeks or more.

## When to seek medical attention

Watch for signs that the sick person may need further medical attention including:

- Difficulty breathing
- Chest pain
- Blueness around the lips
- Inability to keep fluids down
- Becoming less alert or developing confusion.

It is important to seek medical attention as soon as these symptoms occur. Ring your GP or hospital beforehand and advise them that you have been exposed to H1N1 Influenza 09 (Human Swine Flu).

## When a child is unwell

Older children and teens have the same flu symptoms as adults. Very young children and infants probably

have similar symptoms, but may not know how to tell people they have sore muscles or a headache.

These children may be irritable and eat poorly. They sometimes develop a hoarse cry and barking cough (like croup). Younger children, especially those under six months of age may also have diarrhoea, vomiting and stomach pain.

Some of the things you can do for your child are:

- Give paracetamol or ibuprofen for the fever in the dose recommended on the packet (unless your doctor says otherwise).
- Do not give aspirin containing medications. Your pharmacist can provide advice on appropriate 'over-the-counter' medications to treat fever.
- Do not expect to be prescribed antibiotics for uncomplicated influenza, as they will have no benefit. Antibiotics may be prescribed for complications of influenza such as pneumonia or ear infections.
- Dress the child in lightweight clothing and keep the room temperature at about 20° Celsius if possible.
- Offer cool drinks frequently when the child is awake.
- Avoid cold baths.
- Allow the child to rest and stay at home until no longer infectious, so the virus isn't spread to other children
- As soon as you have wiped your child's nose throw away tissues in a plastic-lined rubbish bin.
- Teach the child to cover their mouth and nose with a disposable tissue when they cough or sneeze and then throw the tissue away in a plastic-lined rubbish bin.
- Wash your hands often and teach your child to do so after wiping their nose.

**You should seek medical attention as soon as symptoms develop, particularly pregnant women and people with low immunity.**

**When you seek medical care ring the practice or hospital beforehand to arrange assessment in the home.**

FOR MORE INFORMATION: Visit [www.health.vic.gov.au](http://www.health.vic.gov.au)  
Call the Swine Influenza Hotline Tel 180 2007

Call Nurse-on-Call Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days)