

for our health. Good hygiene is vital.

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in a plastic-lined rubbish bin after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth as germs spread that way.

**For the most up-to-date information :**

- Visit [www.health.vic.gov.au](http://www.health.vic.gov.au)
- Call the Influenza Hotline on 180 2007 or
- Call Nurse-on-Call on 1300 606 024 – for expert health information and advice (24 hours, 7 days)

**Please call your GP** if you have a flu like illness (fever and cough and fatigue).

**Please call your local hospital ONLY** if you are seriously unwell with flu like symptoms.

### **CURRENT SITUATION - H1N1 Influenza 09 (Human Swine Flu)**

Australia's pandemic alert level remains at **CONTAIN**.

**As of 1700hrs 1 June 2009 the official number of confirmed human swine flu cases in Victoria is 306.**

Appropriate quarantine and treatment measures have been put in place for confirmed cases and their contacts.

#### **Special Clinics**

Dedicated flu clinics continue to operate at ISIS Community Health, Deer Park; Plenty Valley Community Health at the Northern Hospital; Dandenong and Clayton community rehabilitation centres; Melton Health; and the Craigieburn Health Service and are seeing an increased demand.

The Royal Children's and Austin hospitals have expanded their emergency department capacity to deal with increased demand.

#### **School closures**

For all information on schools go to [www.education.vic.gov.au](http://www.education.vic.gov.au).

#### **Border control**

Current border control measures at international airports, remain in place and community surveillance measures are continuing.

#### **Businesses**

This remains a timely reminder for all organisations to look at their business continuity plans.

The whole community have a part to play in reducing the spread of human swine flu. All organisations should encourage staff who are ill not to come to work and to seek appropriate medical care if necessary.