



**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)
- Doctors who want to report a suspected case call 1300 651 160

**Good hygiene practices can greatly reduce the chance you will get the flu or pass it on to others.**

- 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. Germs spread that way.

**Please call your GP** if you have a flu like illness (fever and cough and fatigue) and have travelled to Mexico, USA or Canada in the past seven days, or have been in direct contact with a confirmed case of Human Swine Flu.

**Please call your local hospital only** if you are seriously unwell with flu like symptoms and have travelled to Mexico, USA, Canada, Japan and Panama in past seven days, or have been in direct contact with a confirmed case of Human Swine Flu. If you have a mild form of flu like symptoms visit your GP.

If you are looking for general health advice call Nurse-On-Call on 1300 60 60 24.

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

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

DR ROSEMARY LESTER  
Acting Chief Health Officer  
Victoria