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28 July UPDATE # 5 PRECAUTIONS TO BE TAKEN IN RELATION TO THE POSSIBILITY OF HUMAN SWINE INFLUENZA (H1N1)

Dear parent/carer

This is my sixth letter to you to keep you informed about the H1N1 'swine flu' situation.

South Australia, on the advice of the health authorities, moved on June 18 to the PROTECT phase.

In the PROTECT phase:

- If a staff member or student is confirmed as having the H1N1 virus, they should stay at home and follow the advice of their GP.
- If a student or staff member has been in contact with a confirmed case of swine flu, they are not required to stay away from their school or preschool unless they themselves develop flu-like symptoms, or on the advice of their GP.

Recently some school communities have sought advice about how best to communicate with the school community in the event that a case of the Swine Flu is confirmed among its staff or students.

The advice above continues. In addition, so that families and staff in one of the vulnerable categories (pregnant women, people with morbid obesity and people with chronic illnesses) can make the best judgement about whether to seek medical advice I have asked pre-school directors and school principals from today to advise their school community when a student or staff member has been diagnosed with H1N1.

This will ensure that anyone within a 'vulnerable' category is alerted and can consult with their GP about how best to protect against the flu.

Health authorities have advised that the majority of influenza cases in South Australia and across Australia at this time are H1N1 and for most it is a mild illness similar to seasonal influenza, with no need to seek medical advice unless the sufferer feels particularly unwell or is in a vulnerable group.

The health authorities have developed a number of fact sheets that are available at www.flu.sa.gov.au including:

- *Fact sheet for schools and preschool – H1N1 Influenza 09*
- *Pregnancy and 'Swine Flu'*
- *What to do if you are unwell at work*

A handwritten signature in black ink, appearing to read 'Chris Robinson'.

Chris Robinson
CHIEF EXECUTIVE
28 July 2009