



Otago
District Health Board
Poari Hauora-ā-rohe ki Ōtāgo



Southland District
HEALTH BOARD
Te Poari Hauora o te Rohe o Murihiku

Influenza A (H1N1)

Media Update No 14

15 June at 1415 hrs

There will be a tele-conference at 3.45pm today with Otago and Southland Medical Officer of Health Dr Marion Poore. Please dial 083033 then enter the pin number 844594.

We have 11 suspected cases of Influenza A (H1N1) in isolation but have still not had any confirmed cases.

All suspected cases and their contacts are being treated with the antiviral medication Tamiflu, Otago and Southland Medical Officer of Health Dr Marion Poore says.

Because this influenza is highly contagious and seasonal influenza is also circulating, we are continuing to prepare for a heavy load on our health services. Seasonal influenza alone usually puts pressure on our health services every winter.

Our work includes planning for additional facilities in case the burden on family doctors becomes too high.

In the meantime, we need to remind people with influenza-like symptoms who need to see a doctor either to phone the national toll free Healthline (0800 611 116) or their medical centre. They should not just show up at hospitals or medical centres.

Most people with H1N1 will be able to be cared for at home, so please think about your preparations for staying home for at least seven days if necessary.

Some things to consider are:

FOOD AND BASIC SUPPLIES

Ensure now that you have at least seven day's food and basic supplies at home, or that there is someone who can get them for you. This includes baby supplies, pet supplies, tissues and toilet rolls, and medication such as paracetamol or Ibuprofen, cough syrup and throat lozenges.

CARE OF DEPENDENTS

You may feel so unwell that you will be unable to care for people or animals you are responsible for. Consider alternative arrangements for their care. Perhaps others in your family or community, friends or neighbours could help you.

Schools may be closed during a pandemic so arrangements should be made for children to be cared for if this happens.

ESSENTIAL SERVICES (power, gas, phone)

If you are at home for a week, make sure you will have power and gas for heating your home and cooking food, and other essential items such as phones.

SOCIAL SUPPORT

Think about who could help if you are ill. Ask your friends, family, neighbours, colleagues or community group (e.g. church or sports club) to help. When you recover, you can help others who are sick.

Other helpful information - including the contents you need for a basic emergency kit - is inside back cover of the Yellow Pages in the phone book, or on the Civil Defence web site www.getthru.govt.nz

For further information about pandemic influenza and the national and global situation, please refer to:

Ministry of Health: www.moh.govt.nz

World Health Organisation: www.who.int

For information about travel:

Ministry of Foreign Affairs and Trade: www.safetravel.govt.nz

For information about workplaces:

Department of Labour: www.dol.govt.nz

Ministry of Economic Development: www.med.govt.nz

For information about the country's borders:

New Zealand Customs Service: www.customs.govt.nz

**For more information today, please contact: Otago District Health Board
Communications Officer Gail Goodger on 0275 678281.**