

Fact sheet on human swine influenza

For patients with suspected human swine influenza

This fact sheet will answer some questions you may have whilst waiting for your test results. Please ask your Nurse or Doctor if you have any further questions.

- You have been told you **may** have human swine influenza but are currently well enough to be discharged home. However, you are required to remain isolated in your home and follow the instructions in this fact sheet
- **Do not use public transport to travel home.** You may travel by private car or taxi but you are required to wear a surgical face mask when travelling in a car with other people
- We will notify the Communicable Disease Control Branch (CDCB), SA Health, to inform them that you may have human swine influenza and have been sent home
- Should you test positive for human swine influenza, the CDCB will contact you with information on what to do to get better and to protect other people in your household from getting sick
- If you have no symptoms of human swine influenza at the time of being quarantined and providing you remain well and continue to develop no symptoms, the maximum time you will be required to stay at home will be seven days
- Your doctor will write below how you will receive your test results
- Please write a contact number for the hospital/doctor's surgery below in case you have any concerns after you leave

How you will receive your test results _____

Hospital/doctor's surgery contact number _____

When you get home

- Take any medication prescribed for you as directed. It may help you recover more quickly and help protect other family members
- Stay at home and monitor your health until ----/----/---- (i.e. 7 days since symptoms began)
- During this time stay inside your house and have minimal contact with other people in the house. Visitors should not be encouraged.
- If you have a thermometer, take and record your temperature 3 times a day (8am, 12 noon and 6pm). If you develop high fever (a body temperature of 38 °C and over), feel more short of breath or feel unwell **you should contact your doctor or local health service** by telephone who will advise you about what to do

- If you are advised to attend your hospital Emergency Department you must wear a disposable surgical face mask when you go. **Do not use public transport**
- You and all members of the house must wash your hands regularly with soap and water, particularly after going to the toilet, before meals and after coughing or sneezing. An alcohol based hand product can also be used
- Cover your sneeze or cough with a tissue or your arm. Flush used tissues down the toilet or put into a waste bin. Remember to wash your hands thoroughly after doing this

Tips for home isolation

- Wear a disposable surgical face mask when you are near other people
- Where possible, stay at least one metre from members of your household. One metre is roughly two arm lengths
- Sleep in a separate room if possible
- Have your own bed linen and bath towel (these can be cleaned in the same way as you normally would clean them)
- If you have a second bathroom, consider making one your own
- Wash eating utensils and dishes in hot water and detergent or in a hot dishwasher cycle. It is not necessary to store these separately
- Clean frequently touched surfaces like telephones, remote controls, bench tops, toilets regularly with warm water and detergent. Then wipe with a cloth soaked in disinfectant – either household bleach diluted 1 part in 50 parts water or an alcohol wipe. Clean surfaces immediately if they become dirty with body fluids
- Discard disposable cloths immediately after use
- **Do not use public transport.** If it is necessary for you to leave your home during this time, e.g. for follow up with your doctor, use a car and remember to wear a surgical face mask when you are near other people

For more information about human swine influenza, read the Frequently Asked Questions at

www.flu.sa.gov.au/swineflu.aspx

For information for the general public, including people returning from overseas travel, ring the

Australian National Swine Influenza Hotline on 180 2007

Guidance on good hygiene practices can be found at

www.health.sa.gov.au/infectioncontrol