



An important safety notice from the New Zealand Government and the Ministry of Health for visitors to New Zealand

Influenza A (H1N1) 'Swine flu'

If you've arrived in New Zealand within the last **four** days and think you may have influenza, it is important that you phone a doctor or call **Healthline 0800 611 116** for advice.

Influenza A (H1N1) (also known as Swine flu) can be treated if caught early enough. If you get sick and think it may be influenza (the flu) you should get medical advice as soon as possible, especially if you've been in New Zealand for less than four days. You are likely to have to pay for some of your medical costs. **It is important to phone first.**

If a doctor thinks you may have Influenza A (H1N1) you may be asked to isolate yourself for at least 72 hours. If you are required to stay in quarantine, all actual and reasonable costs will be met by the New Zealand Government. Actual and reasonable costs refer to accommodation and meals only. They do not include alcohol, mini-bar, entertainment videos or similar recreational expenditures.

Symptoms of influenza include fever and chills, a cough, sore throat, body aches and pains, headache, extreme tiredness, and a sore chest. Some people may also suffer vomiting and diarrhoea.

If you become unwell, it's important to stay away from other people, and cover coughs and sneezes.

If you are well, you can reduce your chances of catching any type of influenza by regularly washing your hands, and avoiding close contact with people who are sick.

Healthline 0800 611 116 is a free service that operates 24 hours a day, 7 days a week and is staffed by registered nurses.

Stop the spread of germs that can make you and others sick

Wash and dry your hands frequently

Wash your hands for at least 20 seconds and dry them for 20 seconds, or use an alcohol-based hand rub.

Wash your hands before preparing food and eating or smoking; after coughing, sneezing, wiping children's noses, visiting the toilet or changing nappies.



Cover your cough and sneeze

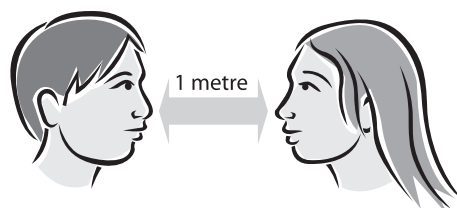
Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a bin. (If you don't have a tissue, cough or sneeze into your upper sleeve – not your hands.) Remember to wash your hands afterwards.



Stay away from other people

If you become unwell, stay away from other people.

Try to stay a metre away from sick people to reduce the spread of germs. If you've been overseas in the past seven days and develop symptoms of influenza it's important you phone a doctor or **Healthline 0800 611 116** as soon as possible.



Phone first, to avoid potentially infecting others. If you get sick, remember to cover up coughs and sneezes.

Symptoms of influenza

Symptoms of influenza include headache, fever, chills, cough, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and sore throat. Nausea, vomiting and diarrhoea may occur in adults as well as in children. In more severe cases, or in some people, complications such as pneumonia may develop.

Healthline 0800 611 116

It's free to call, 24 hours a day, seven days a week