



Basketball NSW Health Release re Human Swine Influenza - 5

Re: Basketball Participation in NSW – Announcement Release 5

22 June 2009 (This release replaces any previous releases by Basketball NSW)

With the government having now changed its H1N1 Influenza 09 (Human Swine Influenza) pandemic response phase to “protect”, Basketball NSW announces its revised recommendations for all basketball participants in NSW, recommending compliance with the following official government recommendations

NEW PANDEMIC PHASE PROTECT

Quoted from: <http://www.healthemergency.gov.au/internet/healthemergency/publishing.nsf>

“On 17 June 2009, the Federal Minister for Health and Ageing, Nicola Roxon, after consultation with State and Territory governments, announced that Australia has developed a new response phase to manage the outbreak of H1N1 Influenza 09 (Human Swine Influenza) called PROTECT.

On the advice of the Chief Medical Officer, Professor Jim Bishop, and the Australian Health Protection Committee, a new pandemic phase has been created to guide the ongoing Australian response to the disease.

The new phase recognises that the infection with H1N1 Influenza 09 is not as severe as originally envisaged when the Australian Health Management Plan for Pandemic Influenza (AHMPPI) was written in 2008 and that this new disease is mild in most cases, severe in some and moderate overall.

PROTECT sits alongside CONTAIN and SUSTAIN phases with a greater focus on treating and caring for people in whom the disease may be severe. PROTECT is a measured, reasonable and proportionate health response to the risk that the infection poses to the Australian community. It is consistent with the message from the WHO when it lifted its Pandemic Alert to 6, that countries will need to adjust their responses to accommodate the knowledge we now have that this disease is moderate in most cases.”

[Media Release - 17 June 2009: New Pandemic Phase - PROTECT \(PDF 34 KB\)](#)

[PROTECT Questions & Answers \(PDF 54 KB\)](#)

THIS WINTER FLU SEASON: KEY POINTS FOR SCHOOLS

Quoted From: <http://www.emergency.health.nsw.gov.au/swineflu/schools/schools.asp>

“What should we do about the flu this winter?”

This winter, H1N1 influenza 09 (human swine influenza), along with other influenza viruses, will circulate in our community. Generally, the virus produces a mild disease in most, severe disease in some, and is a moderate illness overall.

This year it is also likely that many more people will be affected by influenza-like illness than in recent winter influenza seasons, because the community will have not have immunity to the H1N1 influenza 09 virus.

What are the symptoms?

The symptoms of H1N1 influenza 09 are similar to seasonal influenza (fever, chills, cough, tiredness, muscle aches, sore throat, or shortness of breath), and some people have also complained of vomiting and diarrhoea. H1N1 influenza 09 can sometimes result in a severe pneumonia. Symptoms generally appear between two to four days after exposure. Please be extra vigilant for any signs or symptoms of influenza-like illness in children or school staff.

What can be done to stop the spread of influenza?

Influenza is spread from person-to-person through coughing or sneezing of infected people. All schools should remind staff and students about good hygiene practices and how

to minimise the spread of infection.

Instead of excluding people who may have been to an affected area or who have been in contact with a person with confirmed H1N1 Influenza 09, now any person with symptoms should remain at home until they are well.

There are several effective ways that students and staff can stop the spread of influenza. Anyone who is sick with influenza symptoms should be advised to stay home until their symptoms are gone.

Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.

Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.

Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness."

Contact the following for more information:

Australian Government Department of Health and Ageing swine influenza information hotline 1802007

NSW Health swine flu website

www.health.nsw.gov.au/publichealth/swine_flu.asp

Australian Government Department of Health and Ageing - Health Emergency website

www.healthemergency.gov.au

Published by NSW Health - 18 June 2009

COMMUNITY & SPORTING GROUPS

Quoted from: <http://www.emergency.health.nsw.gov.au/swineflu/community/groups.asp>

"Who is vulnerable?"

Some groups in the community are more at risk of adverse outcomes of disease than others:

- Pregnant women, particularly in the second and third trimesters
- Those with chronic diseases and immunosuppression
- Those who experience an onset of acute respiratory illness (ARI)
- Those with morbid obesity
- Indigenous groups of any age
- Health care workers who may come in contact with those who have the virus
- Other groups which require monitoring include smokers, obstructive sleep apnoea, children under the age of five years and pregnant women in the first trimester.

Best way to prevent getting infected

- Avoid touching your mouth and nose
- Clean hands thoroughly with soap and water, or clean hands with an alcohol-based hand rub on a regular basis
- Do not visit people who have the flu unless it is absolutely necessary
- When someone in the house has flu it is important that:
 - They clean their hands regularly
 - The household environment is regularly cleaned
 - The person with illness stays home and avoids contact with others
 - The person with illness wears a surgical mask or other appropriate face coverings, if possible, when others are in the room, and stays at least one metre distant from others.

What about using a mask?

If you are sick wear a surgical mask when seeking medical attention or when in close company of vulnerable people. If you are not sick you do not have to wear a mask.

Published by NSW Health - 17 June 2009

This is the status from NSW Health as at 1.00pm on 22 June 2009. Please regularly check (at least daily) the NSW Health web site daily updates at <http://www.health.nsw.gov.au> to see any changes to current advice, warnings and information.

Daniel Martinez

Chief Executive Officer, Basketball NSW