

Monday, 29 June 2009

0904

INFLUENZA AND H1N1 SWINE FLU NOTICE

NSW Health has reported today that the level of community transmission of H1N1 09 Influenza in NSW is increasing, particularly in Sydney.

In response to this information, Football NSW advises that players, officials, volunteers and personnel who have flu-like symptoms should immediately cease attending training or games.

The latest NSW Health update reports that "in most cases H1N1 09 Influenza will be a mild illness, but for some people the infection can be severe. Pregnant women, people with underlying health conditions like diabetes, respiratory, heart and renal disease, and Indigenous Australians are considered at a higher risk should they develop influenza infection."

"Pregnant women and people with underlying health conditions who develop flu symptoms should immediately contact their GP for advice."

"People with no underlying medical conditions who experience only mild flu-like symptoms should stay at home and minimise contact with others until they are well. People who develop moderate symptoms should see their GP where available, or if not available, should contact their local flu clinic or emergency department. People with severe symptoms should seek urgent care."

RETURN TO PLAY

Players with influenza symptoms should not return to play until the symptoms have ceased and all prescribed medications have been completed.

If a player has been diagnosed with H1N1 09 Swine Flu Influenza the decision on when to return to play should be determined by a medical practitioner.

WHAT ARE THE SYMPTOMS OF INFLUENZA?

- Fever (temperature over 38 degrees Celsius)
- Muscle Aches
- Chills
- Cough
- Runny Nose
- Sore Throat
- Tiredness
- Headache
- Shortness of Breath

Generally a person will develop symptoms within 1 – 3 days of becoming infected.

SEVERE SYMPTOMS & RESPIRATORY PROBLEMS

Persons experiencing severe flu-like symptoms and/or respiratory problems should go to the Emergency Department of their local hospital or attend a flu clinic at the following hospitals:

- Gosford Hospital
- Liverpool Hospital
- Prince of Wales Hospital
- Royal Prince Alfred Hospital
- Royal North Shore Hospital
- St George Hospital
- Sydney Hospital
- Wollongong Hospital
- Hornsby Hospital

WHAT SPECIAL PRECAUTIONS SHOULD CLUBS AND TEAMS TAKE?

All players, staff and volunteers should:

- Immediately implement good hygiene practices (refer attached brochure *The Flu and You*)
- **Avoid sharing water bottles**
- Report all flu and respiratory symptoms to a team or club official
- Be isolated immediately and sent home and/or referred to a medical practitioner if they develop flu or upper respiratory symptoms
- Report to the club if they have been diagnosed with Swine Flu or if they have been in direct contact with a person diagnosed with Swine Flu.

WILL GAMES BE CANCELLED?

At this stage there is no recommendation to cancel games.

Clubs are asked to put up posters at their venue and ask that anyone with flu-like symptoms stay away until they have recovered.

WHAT IF OUR TEAM IS SCHEDULED TO TRAVEL INTERSTATE?

At this stage no Health Department is restricting travel.

A decision whether to travel interstate should be made by the club.

SWINE FLU INFORMATION & RESOURCES

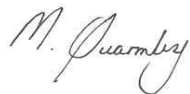
National Human Swine Influenza Hotline: **Phone: 1802 007**

Government Swine Flu Website www.healthemergency.gov.au

NSW Health Website www.health.nsw.gov.au

“The Flu and You” brochures and poster (see attached)

Regards,



Michael Quarmby,
Chief Executive Officer.