

H1N1 Influenza 09 – Q & As for Travellers

Q. Is it OK to travel to Australia?

Australia continues to welcome travellers from around the world.

There are no travel restrictions in place within Australia.

Without a doubt Australia, including Victoria, is a safe place to visit.

Q. Is there anything I can do before I leave for Australia?

It is always a good idea to make sure you are in good health before you leave so you can make the most of your holiday.

Be sure to check your travel insurance too before you leave to ensure you know what level of medical coverage is provided.

Q. What should I do if I feel unwell when I am travelling on the plane to Australia? And what will happen when I arrive in Australia?

If you are feeling unwell please notify the cabin staff.

Upon arrival in Australia you will receive medical treatment and will be able to continue your travels once health authorities have checked that you are OK to do so.

Q. What happens if I feel unwell during my travels in Australia?

If you feel unwell during your travels in Australia and have flu like symptoms you can visit your nearest doctor or phone the H1N1 hotline on 180 2007.

Health authorities advise that people with mild flu-like symptoms do not need to go and see a doctor, and can rest until they are well.

However you should seek medical care if you have shortness of breath or difficulty breathing, become confused, have vomiting or dizzy when standing.

Q. Will I be quarantined if I have H1N1 whilst I am in Australia?

There is currently no quarantining of people in Australia with mild H1N1.

Health authorities advise that people with mild flu-like symptoms, without any risk factors, do not need to go and see a doctor, and can stay at home and rest until they are well.

Naturally, people who are at risk - such as pregnant women and those with underlying medical conditions including respiratory disease, heart disease, diabetes, renal disease, morbid obesity and people with weakened immune systems - or people who have more severe symptoms should seek medical attention promptly.

Q. How many people in Australia have been affected by H1N1?

As of 25 June a total of 3,000 people have tested positive for H1N1. This includes the many people who have tested positive to H1N1 and have since recovered.

In most cases in Australia, those affected by H1N1 have had mild symptoms and have recovered quickly.

Q. How is the Australian Government responding to the H1N1 outbreak?

Australia has one of the best health systems in the world to manage this new disease, which, fortunately is mild in most cases.

As the outbreak has not been as severe as initially anticipated and has caused a mild illness in most people, Australia has now moved to PROTECT phase. The focus is now on those who may be at risk of severe illness such as pregnant women and those with underlying medical conditions including respiratory disease, heart disease, diabetes, renal disease, morbid obesity and people with weakened immune systems.

The Australian Government has robust plans in place to deal with influenza outbreaks. Australia also has a large stockpile of anti-viral medications that can be used if needed. More information on these measures is available at www.health.gov.au.

Q. How is the tourism industry responding to H1N1?

The Australian tourism industry is well prepared to respond to H1N1 09 Influenza.

The industry has implemented preventative and risk reduction strategies and visitors should feel confident about visiting Australia.

Q. What is the best way to prevent the spread of H1N1?

Health authorities advise that one of the most effective ways to protect you, your friends and family from the flu (whether seasonal or pandemic) is to practise good personal hygiene.

That includes regular washing of hands, covering your mouth and nose when coughing or sneezing and staying at least one metre from anyone who is unwell.

Q. Do I need to wear a face mask when I am in Australia?

Health authorities advise there is no need to wear face masks in Australia.

One of the most effective ways to protect you, your friends and family from the flu (whether seasonal or pandemic) is to practise good personal hygiene.

That includes regular washing of hands, covering your mouth and nose when coughing or sneezing and staying at least one metre from anyone who is unwell.