

After you return to Australia

If you have visited a country with confirmed cases of H1N1 Influenza 09 and are unwell with a respiratory illness you should:

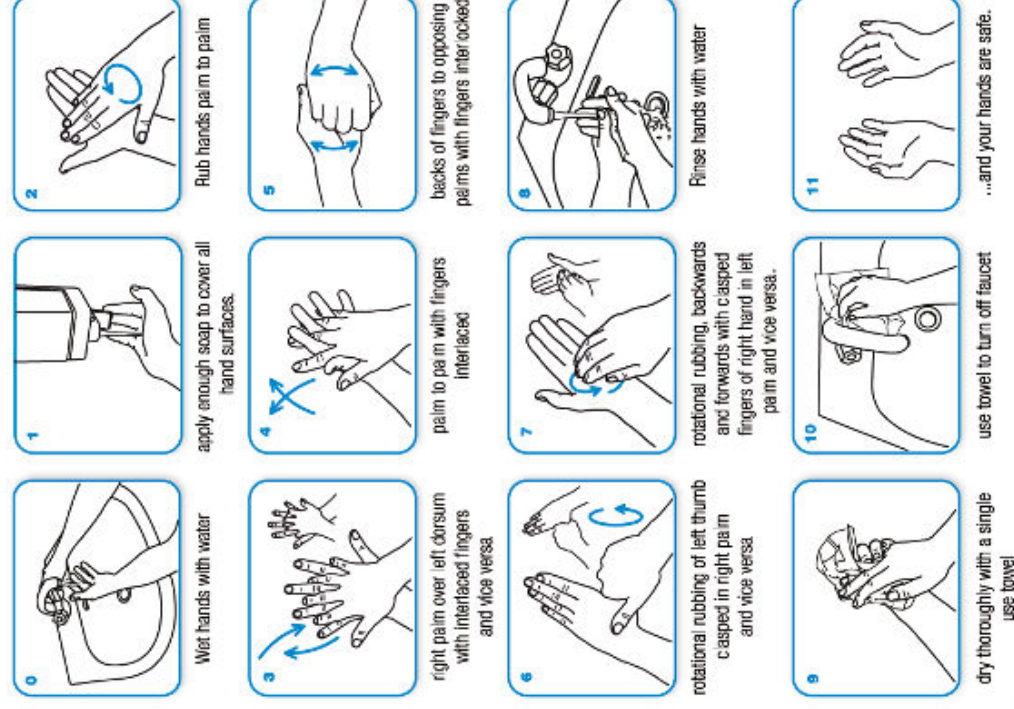
- Contact your medical general practitioner by telephone. Let them know that you have travelled to a country or region affected by H1N1 Influenza 09.
- Stay at home and try to avoid contact with others.
- Notify your university supervisor by telephone.
- You will be required to remain away from University campuses until you have been cleared to return by a medical practitioner.
- Note: should individual countries begin to show increased levels of community transmission, returning staff may be restricted from entering the University for up to seven days following arrival in Australia.

For general advice on travel and insurance contact :

Kerry Killeen (Mon, Weds, Thurs) on:
+61 3 9479 2801

Roy Foster (Tues, Fri) on:
+61 3 9479 2617

Advice from the WHO on hand washing



Advice for University staff and students

Telephone: Dr Carl A. Gibson
Director, Risk Management Unit
+61 3 9479 3626

Before leaving for overseas

Check the information available for your destination, prior to travelling at: www.smarttraveller.gov.au

Register for email updates on any changes to the advice for your destination: <http://www.smarttraveller.gov.au/accounts>

Register your information so that you can be contacted in an emergency: <https://www.orao.dfat.gov.au/orao/weborao.nsf/homepage?Openpage>

Consider having a vaccination against seasonal influenza (two weeks prior to travel).

Note that the degree of any protection from the vaccine against Influenza A (H1N1) (formerly called 'swine flu') is not clear. Consult your health care provider for travel medical advice.

Ensure that your itinerary and emergency contact details are included on your University travel application.

While you are travelling

Influenza is transmitted by droplets expelled by sneezing, coughing and speaking. It can be readily transferred from contaminated surfaces by your hands to nose and mouth. You can reduce the chances of infection by:

- Regularly cleaning your hands, with soap and water or an alcohol based hand cleanser.
- Avoiding touching your mouth and nose
- Social distancing – where possible maintaining a distance of at least one metre from others and avoiding anyone that may be ill.
- Avoiding or reducing your time spent in crowded places.
- Improving ventilation, for example by sitting close to open windows in public places

I feel ill – could it be influenza?

If you become ill, you will not be able to tell the difference between the H1N1 09 (swine originated) virus infection and other seasonal influenza.

If you become ill whilst travelling

If you suspect that you may have influenza, you should:

- Stay in your hotel room and inform hotel management of your condition.
- Either notify a health care provider by telephone, or ask that the hotel contact one on your behalf.
- Contact the health hot line (if travelling on University travel insurance) on:
+61 2 9929 2216
and quote the policy number: 93101253.
- Inform the University of your condition by contacting your supervisor and ensure that the Director, Risk Management is informed on carl.gibson@latrobe.edu.au.
- Stay away from public places, your work-place, conference, or other groups of people.
- Rest and take plenty of fluids.
- Even when in private, ensure that you cover your nose and mouth when coughing and sneezing. Dispose of tissues carefully and wash your hands immediately afterwards.
- If you need to travel in public, you should wear a mask. Your hotel or host should be able to organise a supply.