

Increase in Influenza cases

Public Health Information

Kia ora,

Influenza (flu) is still circulating in Porirua and the wider region. Two different strains of flu (H1 and H3) are circulating at the same time, and it is important to know that people can get both strains.

What are the symptoms?

Symptoms in tamariki can include:

- ↘ high temperature/fever
- ↘ being very sleepy/lethargic
- ↘ possibly being off their food.

In some cases tamariki may also experience gastro symptoms such as **vomiting**, a **sore tummy** and **diarrhoea**.

To help us support you, please use our **online notification form** to report illness in your service.

What to do if tamariki are sick?

To prevent the spread of illness, it is important your centre/kōhanga encourages whānau to keep their tamariki at home if feeling unwell and experiencing any of the above symptoms.

Tamariki should only return to the centre when they have recovered from this illness and are:

- ↘ back to eating and drinking their usual amounts
- ↘ not requiring regular paracetamol
- ↘ able to fully participate in their day.

Preventing the spread of illness

Flu can live on hands and surfaces and sick people can spread the virus 24 hours before they get sick and up to several days after.

Important information to prevent the spread of illness in your centre/kōhanga can be found **here**.



Remind everyone that sick tamariki or staff should stay at home



Ask whānau to let you know the reason for their tamariki being absent



Regular cleaning of high touch surfaces e.g. door handles, bathroom areas



Encourage people to wash hands, cover coughs and sneezes, wear a mask if indoors in crowded areas



Good ventilation is an important way to reduce the transmission of respiratory viruses in indoor spaces where people gather and spend time



Share key health snippets regularly with your community – there are tiles pre-prepared for newsletter or website/Facebook. See www.rph.org.nz/snippets

All about flu

Attached is an information sheet to share with your whānau. Please share through your usual channels. You can also find the information sheet on our **website**.

Need more help?

You can call **Healthline** for free, 24 hours a day, 7 days a week on **0800 611 116**.

Talk to your pharmacist, hauora Māori provider, Pacific health clinic or doctor.

Ngā mihi

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