



Health Protection Service

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The pandemic H1N1 influenza (swine flu) virus is still a major threat to Australians and it continues to spread around the world. In Australia most children who were hospitalised with H1N1 influenza in 2009 had no pre-existing risk factors that made them more vulnerable to severe illness from this virus.

The flu season is predicted to start early this year, so prepare early by getting yourself and your family immunised now with H1N1 influenza vaccine. The vaccine is safe and effective and can be used in children aged 6 months or over. Children under 10 years require two doses at least four weeks apart to achieve sufficient immunity against H1N1 influenza so it is important to start as soon as possible. Adults and children 10 years and over need only one dose.

Children are effective transmitters of the H1N1 influenza, partly because of the nature of their close interactions at childcare, preschool and school. Once H1N1 influenza is in the school environment it can spread quickly and affect families and the local community.

Even if your child will be getting the seasonal influenza vaccine once it becomes available, it is still recommended that they receive the H1N1 vaccine now.

Anyone wanting protection from H1N1 should book an appointment with their GP or call the Community Health Intake Line on 6207 9977.

For more information please visit www.health.act.gov.au