

HUMAN SWINE FLU



Torres Strait Islander Creole Human Swine Flu - Ai At Risk a ?

Wanem Human Swine Flu

Human swine flu (H1N1 Influenza 09) i niu an diprant taip flu. Plenti ol pipol no gad immunity prom swine flu an ol flu vaccine cant stap ol pipol prom kesem.

Wanem ol symptom ?

Ol dem symptom wase laik po normal flu an i ken gad fever, head sore , sore muscle an joint, throat sore an runny nose, an samtaim vomit an belly sore.

Wiskain Swine Flu spred lo ol pipol

Swine flu i nadakain bad sik an mina izi po ol pipol po kesem. Wen yu go klustun lo sambodi wuda gad dat bad flu an dempla tok o cough o sneeze i mekem izi po yu po kesem. Yu mait kese da virus wen u kese an blo ol man wuda gad da flu an ol dem thing dempla bi kesem an i mait stap antap ol samting tu.

Ai ken kese Human Swine Flu a?

Plenti pipol wuda bi gede Swine Flu bi get lelbet sik an dempla bi kam orait prapa kwik wan. Bat sam pipol stil gad big sans po get prapa big sik prom da swine flu. An dempla i

- pamle woman
- Aboriginal, Torres Strait Islanders, Maori, Pacific Islanders
- Ol prapa big pat pipol
- Pipol wuda gad asthma o COPD an demkain taip sik
- Diabetic, kidney sickness, heart sickness
- Pipol wuda teke ol drug dat stap da immune system prom wok prapa

Ip yu no sabe prapa ip i izi po yu po kesem , tok po doctor blo yu.

Wasmara dempla gad big risk po kesem?

Pipol wuda olredi gad sik mait no gad strong bodi po pait ol niu sik an i izi po bacteria po go insaid bodi an dempla can kese pneumonia. Ip yu alredi gad sik dat flu go mekem mo wos.

Ol Aboriginal an Torres Strait Islanders wuda alredi gad nada sik ken mina izi wan gede da swine flu.

Ol pamle woman gad big risk po gede nada big sik an pneumonia an early labour prom eni flu.

Wiskain ai go stap prom kese Human Swine Flu

Da gud wei po stapem prom kese yu pamle an community i po:

- stap house wen yu sick
- wase an oldatim lo sop an wata o yuzi alcohol based hand gel
- wase an bipo yu tase yu ai o nos o mauth
- wen yu cough o sneeze yu mas yuzi tissue po kaba yu nos an mauth an sakway streit wei.
- no lete ol nada man yuzi ol samting blo yu wase cigarette, glass, cup, lipstick, toy o eniting dat mait gad da germs.
- stanap o sidaun long wei prom ol pipol wuda yu tink mait gad da flu

Eniodi wuda izi po kese ol kain sik sud meke dem ting ya oldatim an no go klustun ol pipol wuda gad flu symptom an no go gathering o klustun plenti pipol.

Wane ai go mekem ip ai gad flu symptom an ai blo dat “at risk” grup ?

Ip yu blo dat “at risk” grup n yu gad dem flu symptom go hospital o luk doctor streit wei. Ring ap dempla pas bipo yu go de. Wen dempla go gib yu early treatment laik Tamiflu i ken stap da sik prom get wos.

Wane ai go mekem ip ai gad ol flu symptom an ai NO blo dat “at risk” grup?

Plenti pipol wuda gad healthy bodi i no at risk prom gede big sik prom da swine flu, dempla go kasa gede smol sik. Mek so yupla meke diskain:

- stap house an rest
- no go klustun lo dem pipol wuda mait gede mina big sik prom swine flu
- drink plenti wata
- tok po doctor o chemist baut ol medicine po pain, fever, throat sore, cough an block nose
- no smok koz i go mekem wos
- ask po help ip yu stap yuselp o yu single parent o lugaut sambodi wuda sik o old o disabled. Yu mait gede sambodi po kam help yu til yu go kam orait.
- tok po doctor ip yu wori o ip da symptom an sik kam wos .

80% op dem nugud sik i spred gad an. Wen yu wase an oldatim yu go stap dat flu prom kese yu.

We ai ken get mo help?

Po mo information:

- Phone 13HEALTH(13432584)
- Luk doctor. Phone dempla pas bipo yu go luk em ip yu gad dem symptom.
- Go hospital. Phone dempla pas bipo yu go luk em ip yu gad dem symptom.

Queensland Health Human Swine Flu website: <http://www.health.qld.gov.au/swineflu/>