

Auckland District Health Board

Media Statement

27 April 2009

Please attribute to Ngaire Buchanan, General Manager Operations, Auckland District Health Board

Auckland District Health Board (ADHB) is working very closely with the Auckland Regional Public Health Service (ARPHS) to provide support and resources as they deal with an outbreak of influenza A amongst a group of Auckland school students who have recently returned from Mexico.

"We are providing our regional health service with additional staff and resources as required so they are able to fully manage the situation," says Ngaire Buchanan, General Manager Operations, ADHB.

"It is important to stress that the situation is under control. Nurses have been visiting all the members of the school group and their families to provide appropriate treatment and information."

"We are waiting for test results from Australia to provide information about whether this illness is swine influenza or another strain of 'flu. We expect these results within the next few days."

ADHB is advising members of the public that if they have not been to Mexico or any of the affected states in the US then they should carry on with their everyday life. If people have travelled to these areas and are unwell or have had close contact with a traveller who is exhibiting 'flu-like symptoms then they should seek medical advice from their GP.

Influenza symptoms include fever, cough, muscle aches, fatigue, running nose and a sore throat.

"We are strongly advising everyone that the best place to go is to your GP if you have any flu like symptoms " says Ms Buchanan.

"Your GP will be able to assess and treat you and should be your first port of call."

The ADHB is also reminding people that good hygiene is an essential part of preventing the spread of any infection.

"Always cover coughs and sneezes with a tissue, and always wash hands well – 20 seconds of washing followed by the same period of time drying your hands. It's simple but very effective."

ENDS