



HE'D TAKE ON ANYTHING EXCEPT
INFLUENZA



What's the difference between seasonal and pandemic influenza?

Pandemic influenza will be a new and different influenza virus from the seasonal influenza virus. Many more people may get sick with pandemic flu.

You cannot yet immunise against pandemic influenza as a pandemic virus does not exist. When this pandemic flu virus hits, it will take up to six months to develop a vaccine.

You can, however, immunise against seasonal influenza. Being ill with influenza would make you even more vulnerable should a pandemic strike so vaccination against seasonal influenza is strongly recommended.

**Ask your doctor or nurse today about influenza immunisation.
Do it for your whanau and your community.**



He aha te take mo tēnei?

We all do it at some stage. We worry about our whanau, our elders, our future as Maori, we even worry about what tomorrow will bring. Just like the whakatauki - we worry about where the Kōmako will sit as well as the wellbeing of the harakeke. However! What we are absolute about is that Our People are very important to us! All People! Even more so - our own Whanau!

That is why - when we hear of such things as a pandemic flu that could hit the world, we should 'listen up' and 'take action'. However, if this sounds like 'hot air' because a pandemic flu has not arrived yet, and that it won't affect us because we don't know when, where, or how.....Let me tell you this - The world is preparing for a pandemic flu. So why aren't we?

If you still feel this pandemic flu issue is a bit extreme, I recommend you visit your library and read a book titled: Black November The 1918 influenza pandemic in New Zealand, by Geoffrey W. Rice.

Want to know more?

**Call us on Freephone (Wgtn-Kapiti)
0800 999 442 - Ask For PANUI!
We will be happy to assist you**



Pandemic Flu Panui

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Pandemic Flu - What is it?

It is an outbreak of serious flu illness that will affect the whole world.

(At the moment - we are preparing for this)

What's the Fuss?

- ◆ **The world is preparing for a new flu virus that we haven't come across before.**
- ◆ **Scientists say it is only a matter of time!**
- ◆ **The current threat is from a bird 'flu' virus called H5N1**
- ◆ **The concern is that this bird 'flu' virus might develop the ability to pass easily between people. At the moment this has not happened.**
- ◆ **We are concerned because this virus could spread quickly around the world**

Pandemic Flu

This all sounds unreal!

Nothing has happened yet! It might not come!

Why should we be so worried?

In 1918, the world suffered the most severe pandemic ever and an estimated 100 million people died as a result.

In New Zealand, Maori suffered the highest losses. What was unusual about this pandemic (called The Spanish Flu) was that it not only affected the young and old but also fit and healthy people too aged between 15-35 years.

In 1997 another dangerous flu virus emerged from Hong Kong and is still present around the world. This particular flu virus is spreading further through chickens and migrating birds and is surviving longer. It is known as the 'Bird Flu'.

Scientists are worried that the "Bird flu" will develop into a virus that can spread between humans. It is expected that this virus could spread quickly around the world infecting and killing people.

**THE PLANNING YOU DO NOW
WILL HELP YOU AND YOUR WHANAU WITH
'ANY EMERGENCY'**

I always get the Flu....

What shall I do?

Seasonal influenza (flu) comes around each year in New Zealand mainly from May to September. You are never too fit to get hit. It is a serious illness that can hit people extremely hard. It is much worse than a cold and can lead to hospitalisation, complications or even death.

Because the influenza virus changes all the time, you need to be immunised with vaccine every year.

Influenza immunisation is free until **June 30, 2006** for New Zealanders at high-risk from influenza - people aged 65 and over and those adults and children with long-term health conditions such as heart disease, asthma, stroke and diabetes.

Many employers provide influenza vaccination free to employees.

Immunisation, along with good hygiene, is your best protection from seasonal influenza.

Pandemic Flu

Are Maori At Risk?

Yes, Of Course We Are!

This particular flu virus will infect and affect anyone that comes into contact with it. This virus will spread by contact from person to person.

Is it all about washing hands?

Washing and drying your hands is an important step in avoiding contact with this pandemic flu virus, but there are a couple more steps to do as well.

Importantly - the virus will be in the spray and droplets (hūpē, paku, tuwha, tuha, hūare, hūhare, kea), we cough and sneeze out. This spray and droplets will be infected with the virus. It is important to cover your mouth and nose when we cough and sneeze so our hūpē does not spread and infect people around us. Wash and dry your hands thoroughly straight away to avoid spreading this pandemic flu virus.

HOICKING
SPITTING
COUGHING
without covering your mouth

SNEEZING
without covering your nose
and mouth

BLOWING YOUR NOSE
onto the ground

IN PUBLIC....

**It'SNOT
OK!**

Pandemic Flu - Is there a cure?

No! Because a pandemic flu virus has not happened just yet - an effective vaccine can not be developed. Not everyone who gets infected with a pandemic flu will die.

**When a pandemic flu happens....
it will take 6 months to develop a vaccine!**

Some medicines that may help:

1. Tamiflu - may limit flu illness but it is not known if this will work for pandemic flu if it comes.
2. Antibiotics - for bacterial infections that may occur like chest infection (eg: pneumonia), on top of the flu.

Many sick people will have to be looked after in their home:

- Plan to have food, water, paracetamol, soap and other groceries stored in your whare. Enough for at least a week
- Make sure you don't run out of medications (that you need to stay well).
Talk to your doctor about having a spare supply stored at home for emergency.