



protect yourself  
protect others

## H1N1 Influenza 09 (Swine Flu) Vaccine Update

Dear parents and carers

As the school year begins I want to remind you all of the swine flu vaccine and its importance in protecting your child and your family.

The vaccine gives protection against the swine flu virus - which we expect to be the main form of flu again this year.

In 2009 we learned a lot about the virus:

- for most it causes a mild illness, with symptoms similar to other flus. For some it can cause serious illness or even death.
- we can't always predict who will get seriously ill.
- young people and children were found to be at higher risk of illness.
- one third of all people who became seriously ill or died from swine flu were previously healthy.

Adult and child doses of the free swine flu vaccine are available now.

As with the seasonal flu vaccine, children aged less than 10 years of age need two doses of the vaccine given at least 28 days apart. People aged more than 10 years need one dose.

Children aged less than 6 months can not receive any flu vaccine. Vaccinating those around them, including parents and carers, brothers and sisters, is vital for their protection.

### Where your family can be vaccinated

The vaccine is available from GPs and via most local government vaccination clinics. In addition during the next few weeks there will be a range of free community vaccination clinics in most areas. For more information on free clinics please visit [www.dhhs.tas.gov.au/flu](http://www.dhhs.tas.gov.au/flu) or phone 1800 358 362 (1800 FLU DOC).

Yours sincerely



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