

There are basic precautions that you can take as a traveller for your own safety under the current situation of human infections by the influenza A(H1N1) virus. Familiarize yourself with what you can do before, during and after trips to protect yourself and your family.¹

➤ Be prepared and stay vigilant!

- Consult your medical practitioner 4-6 weeks before travel, regardless of your destination, to check on appropriate medications or inoculations, or for advice on any specific health concerns.
- Vaccination against seasonal influenza might still be recommended, please check with your national health authorities.
- It is considered prudent for people who are ill to delay international travel and for people developing symptoms following international travel to seek medical attention, in line with guidance from national authorities.
- Organize comprehensive travel insurance and be aware of circumstances and activities that are not covered. You should be aware that Governments in general will not pay for your medical expenses overseas or medical evacuation costs.
- Ensure that friends and family are informed of your travel itinerary.
- In general, familiarize yourself with common sense preparedness measures.

➤ Monitor the local situation and follow local health recommendations!

- Pay attention to announcements from the local government of the country you are visiting.
- Follow local public health guidelines, including any movement restrictions and prevention recommendations.
- Identify the health-care resources in the area(s) you will be visiting.

➤ Avoid close contact!

- Stay away from people who are sick to avoid infection.
- Stay away from live animals in markets and other places where you may come into close contact with domestic, caged or wild animals.
- Avoid contact with surfaces contaminated with animal faeces or fluids.
- If you are sick, put on a surgical mask to avoid the spread of the virus or stay at your hotel room.
- There is no risk of infection from this virus from consumption of well-cooked pork and pork products.

➤ Keep your hands clean!

- A hand sanitizer should only be used when your hands are not visibly dirty.
- Apply 5 ml (1 teaspoon) of sanitizer to your hands.
- Rub your hands vigorously together for at least 15 to 20 seconds without neglecting any part.
- Scrub all surfaces, including between your fingers, fingertips and wrists.
- Let your hands dry in the air.
- If a sink is not readily available or if there are not enough sinks, disinfectant wipes can be used to remove any visible dirt on your hands before you use the alcohol-based hand sanitizer.

➤ Keep your cough and sneeze covered!

- Coughs and sneezes should be covered with a disposable tissue.
- Used and dirty tissues should be disposed of promptly and carefully.
- If you don't have a tissue, you should sneeze or cough into your upper sleeve or the inner part of your elbow and NOT into your hands.
- Make sure your children follow this advice.

➤ Stay healthy!

- Drink plenty of fluids.
- Eat nutritious foods.
- Manage your stress.
- Get plenty of sleep.
- Stay physically active.
- Antiviral medications can be used to prevent the flu, check with your healthcare provider to see if you should use them.

➤ Monitor your health after your trip!

- Closely monitor any flu-like symptoms for 7 days upon your return.
- If you develop symptoms that include: fever, coughing, soar throat, vomiting or diarrhea, seek medical attention immediately. Make sure to tell your health care provider the places that you visited.

➤ Air Travel

Please follow this [link](#) to access the information provided by the International Air Transport Association (IATA) on Influenza A(H1N1) and Air Travel.²

¹ Sources: CDC, IATA, New Zealand Safe Travel, Australia Smart Traveller, FCO Know Before You Go

² Disclaimer: We are not responsible for the content or reliability of websites to which we link, nor should listing be taken as endorsement of any kind. We cannot guarantee that these links will work all of the time and we have no control over the availability of linked pages.