

Precautions for travelers during Thanksgiving weekend and year-end holidays

With the increase in air travel during the November and December holiday seasons, travelers are reminded to review the recommendations noted on the www.flu.gov website.

Know when you should avoid travel. If you are sick with symptoms of influenza-like illness, you should not travel. These symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Stay home if you are sick until at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®).

Be prepared for health screenings at airports. Airport staff in some countries may check the health of arriving passengers. Travelers from the United States arriving in other countries may be checked for fever and other symptoms of H1N1 flu, and their travel may be delayed. Please note that the U.S. Department of State usually cannot interfere with the rights of other countries to screen airline passengers entering or exiting their countries, nor can it influence the number of days in quarantine.

You can prepare for travel by educating yourself about the outbreak situation and screening procedures in your destination country or countries.

Currently, CDC recommends persons who are ill with or suspected of having H1N1 influenza to use facemasks, if available and can be tolerated by the user. If not, tissues should be used to cover coughs and sneezes. Facemasks are also recommended for persons at increased risk of severe illness from influenza if they cannot avoid crowded settings. More information is at: <http://www.cdc.gov/h1n1flu/masks.htm>

For more health tips, check with your healthcare provider, or visit the Tripler Army Medical Center webpage, “Fight the Flu”.