

**You may have been
exposed to
SWINE FLU
during your travels**

IMPORTANT!

Do you feel like you have a fever now AND
have a cough or sore throat?

If YES , please tell a customs or public health
officer or immediately seek medical care and
show them this card.

**Save this card for 7 days and
look for symptoms on the next page!**

Today's date: _____

Keep this card until: _____



Swine Flu Travel Health Alert Notice
04-09
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If you get swine flu, you may have one or more of the following symptoms

- **Fever** (greater than 100°F or 37.8°C)
- **Sore throat**
- **Cough**
- **Stuffy nose**
- **Chills**
- **Headache and body aches**
- **Fatigue**
- **Vomiting and Diarrhea**

Save this card and follow these steps for the next 7 days:

1. Observe your health.
2. Take your temperature in the morning and at night.
3. Write your temperature down on this card.

7-Day Body Temperature Check

Day	Date	Morning	Night
1		° F	° F
2		° F	° F
3		° F	° F
4		° F	° F
5		° F	° F
6		° F	° F
7		° F	° F

If you think you may have swine flu, seek medical care right away and do the following:

Give the healthcare provider this card. Tell them about your recent trip and describe the symptoms you have that are listed in this document. If you do not have a healthcare provider, call the local or state health department (find their number on the Internet or in the phone book).

Prevent the spread of swine flu:

- √ Wear a surgical mask when in contact with others. Drug stores or hardware stores stock them.
- √ When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue).
- √ Throw used tissues in a trash can.
- √ After you cough or sneeze, wash your hands **with soap and water**, or use an **alcohol-based** hand gel.
- √ **Stay home.** Stay in one room and avoid close contact with others as much as possible.

If not ill, or if you do not get sick after 7 days, you may go to work or school and continue your normal activities.

If you are traveling with someone who is ill or are caring for a person suspected of having swine flu:

- Follow the above recommendations to prevent spread of swine flu
- Remember that the person is potentially contagious for up to 7 days following onset of illness

A note to the doctor

The patient presenting this card MAY have been exposed to swine flu during recent travel.

Your patient was given this card upon arrival to the United States. Human cases of swine influenza A (H1N1) virus infection have been identified abroad and this traveler may have been exposed while outside the United States.

- Obtain a respiratory swab for testing and place in refrigerator (not a freezer)
- Contact your state or local health department. (See www.astho.org; click on “State Links.”) to facilitate transport and timely diagnosis
- Prophylactic treatment may be indicated.
- CDC recommends the following antiviral drugs:
 - √ Oseltamivir (brand name Tamiflu®) or zanamivir (brand name Relenza®).

For more information:

- Contact your local or state health department.
- Visit <http://www.cdc.gov/swineflu/>
- Contact CDC 24 Hours/Every Day
 - 1-800-CDC-INFO (232-4636)
 - TTY: (888) 232-6348
 - cdcinfo@cdc.gov



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