

**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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Division of Global Migration and Quarantine

CENTERS FOR DISEASE CONTROL AND PREVENTION

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DEPARTMENT OF HEALTH AND HUMAN SERVICES

TRAVELER'S HEALTH ALERT NOTICE

Risk of Swine Flu Associated with Travel to Affected Areas

Public health officials within the United States and throughout the world are investigating outbreaks of swine influenza (swine flu).

Swine flu is a respiratory disease of pigs caused by a type A influenza virus that regularly causes outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans; however, human infections with swine flu do occur. Public health officials have determined that this strain of swine flu virus spreads from human to human and can cause illness.

The outbreak is ongoing and additional cases are expected. For more information concerning swine flu infection, please see the Centers for Disease Control and Prevention (CDC) website: <http://www.cdc.gov/swineflu/>. For specific information on travel precautions and an update on the affected areas, please visit: www.cdc.gov/travel.

The symptoms of swine flu in people are similar to the symptoms of seasonal flu in humans and may include:

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

Some people have reported diarrhea and vomiting associated with swine flu. Severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

People entering the United States who are experiencing symptoms consistent with swine flu and have traveled to an affected area (see <http://www.cdc.gov/swineflu/investigation.htm> for affected areas), or have been exposed to someone possibly infected with swine flu, during the last 7 days should report their illnesses to their health care provider immediately and inform them of their recent travel.

People traveling from the United States to affected areas should be aware of the risk of illness with swine flu and take precautions.

To prevent the spread of swine flu:

- **Avoid contact** with ill persons.
- 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**.
- **If you think you are ill with flu**, avoid close contact with others as much as possible. **Stay at home or in your hotel room. Seek medical care if you are severely ill (such as having trouble breathing).** There are antiviral medications for prevention and treatment of swine flu that a doctor can prescribe. **Do not go to work, school, or travel while ill.**

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)
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Dear All,

In our effort to provide information regarding the swine flu illnesses I am forwarding some useful information . CDC Dallas is getting several requests for information and I hope to address this in the most efficient manner. We are in constant communication with our headquarters and we will provide all our DFW partners updates as we receive important information.

I am attaching documents that provide the federal required reportable symptoms as well as a recently released CDC weekly report MMWR (Morbidity and Mortality Weekly Report) that provides some background information regarding the swine flu cases in the US. There are periodic updates and guidance that will be posted on the CDC website at <http://www.cdc.gov/mmwr/> so please check back regularly. Please also note CDC's web page dedicated to swine flu: <http://www.cdc.gov/swineflu/>

Please follow normal infection control precautions and guidance from the swine flu website above. CDC headquarters is working in collaboration with state and local health officials in the affected domestic areas, as well as with Mexico to obtain more information.

Any announcements will be posted on the CDC Travelers' Health website with information for travelers about swine flu in the United States and Mexico. This can be found at the CDC's Traveler's Health website: <http://wwwn.cdc.gov/travel/default.aspx>

Please see the links below to view the announcements.

Swine influenza and Severe Cases of Respiratory Illness in Mexico:
<http://wwwn.cdc.gov/travel/contentSwineFluMexico.aspx>

Swine Influenza in the United States
<http://wwwn.cdc.gov/travel/contentSwineFluUS.aspx>

Sincerely,

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