

TRAVEL HEALTH NOTICE

Influenza A (H1N1) Information for tourists in New Zealand

Released: 8 May, 2009

Travel Health Notice

The New Zealand Ministry of Health is closely following international developments, and advice from the World Health Organization (WHO).

Overseas health authorities such as the WHO and U.S. Centers for Disease Control and Prevention (CDC) are investigating to determine the source of the infection and whether additional people have been infected in other areas.

Given the developing situation, the New Zealand Ministry of Foreign Affairs and Trade advise against all tourist and other non-essential travel to Mexico. For the latest travel advice you can visit www.safetravel.govt.nz

Travellers who have recently visited Mexico, or North America, who develop flu-like symptoms are advised to seek medical attention immediately. Contact a health provider by phone first, to avoid potentially infecting others. Contact details for registered medical practitioners and medical centres can be found at the front of local telephone directories ('phone book').

Travellers who are concerned about their health may also contact Healthline on 0800 611 116 (freephone) for information and advice. Healthline is a free service.

Influenza A (H1N1) Symptoms

Usually include symptoms similar to season influenza (flu) including headache, chills and cough followed by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation.

Nausea, vomiting and diarrhea may occur in adults as well as in children.

In more severe cases, or in people with chronic conditions, complications such as pneumonia may develop.

Recommendations for travellers ▲

1. Wash your hands
 - By washing your hands with soap under warm running water, you will reduce your chance of getting the flu.
 - Alcohol-based hand gel can also be used if soap and water are not readily available. It's a good idea to keep some with you in your pocket or purse when you travel.
2. Practice proper cough and sneeze etiquette
 - a. Cover your mouth and/or nose to reduce the spread of germs. Remember to wash your hands afterwards.
3. Try to avoid close contact with sick people
4. Cover your mouth and nose to reduce the spread of germs. Remember to wash your hands afterwards.
5. Monitor your health
6. If you develop flu-like symptoms, you should seek medical attention immediately. Contact a health provider by phone first, to avoid potentially

infecting others. Contact details for registered medical practitioners and medical centres can be found at the front of local telephone directories ('phone book').

7. Tell the health care provider who sees you that you have been travelling to the United States and/or Mexico.

If you are concerned you may have Influenza A (H1N1) ?

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Contact a health provider by phone first, to avoid potentially infecting others. Contact details for registered medical practitioners and medical centres can be found at the front of local telephone directories ('phone book').

Travellers who are concerned about their health may also contact Healthline on 0800 611 116 (freephone) for information and advice. Healthline is a free service.

What is the New Zealand Ministry of Health doing?

The New Zealand Ministry of Health is monitoring the international situation closely, and keeping other government agencies and District Health Boards informed of developments.

To see latest developments visit the Ministry of Health website, www.moh.govt.nz.