

Travel health precaution: Influenza A (H1N1)

Influenza A(H1N1) is a type A influenza virus. Outbreaks of influenza A(H1N1) have been reported in Mexico and the United States of America. The modes of transmission are similar to those of seasonal influenza. The primary routes of transmission include air droplet transmission and contact transmission. People who have influenza A(H1N1) are potentially contagious for up to 7 days following onset of illness. The symptoms of influenza A(H1N1) are similar to the symptoms of seasonal influenza. In view of the current international epidemic, travelers are advised to practice the prevention measures listed below:

During your trip

- Cover your nose and mouth with tissue when you cough or sneeze; throw used tissue in the trash; after coming into contact with respiratory secretion, wash hands with soap and water, or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth. The influenza A(H1N1) virus spreads through direct contact with body fluids from an infected person.
- The influenza A(H1N1) virus is killed by cooking at temperatures above 160°F/70°C, so eat only foods that have been thoroughly cooked and are still hot.
- Avoid visiting areas affected by the outbreak and avoid contact with a symptomatic person.

Upon arrival

- Before/Upon arrival in Taiwan, if you develop symptoms such as fever, cough, sore throat, stuffy nose, vomiting, diarrhea, headache, body aches, chills and fatigue, please consult the quarantine officer at the quarantine station and fill out the “Communicable Disease Survey Form” .

Return home

- Stay home and monitor your health for seven days. Take your temperature once in the morning and once at night, and record your temperature. If you develop symptoms after returning home, please wear a surgical mask and seek medical assistance immediately, and inform the doctor of your recent travel and contact history.
- Communicable Disease Reporting and Consultation Hotline: 1922



Taiwan CDC cares about your health.

References:

1. WHO. Influenza A(H1N1) frequently asked questions. Available at: http://www.who.int/csr/disease/swineflu/frequently_asked_questions/en/index.html
2. United States of America CDC. H1N1 Flu. Available at: <http://www.cdc.gov/h1n1flu/>
3. Taiwan CDC. Influenza A(H1N1). Available at: <http://www.cdc.gov.tw>