Walled Lake Central

**H1N1 flu (swine flu)**

**Safe travel**

At this time, the Centers for Disease Control and Prevention is not recommending any travel restrictions. Travelers at high risk for complications from any form of flu discuss their travel plans with their doctor. Together, they should look carefully at the H1N1 flu situation in their destination and the available health-care options in the area.

Travelers at high risk for complications include:

- Children less than 5 years of age
- Persons aged 65 years or older
- Children and adolescents (less than 18 years) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye syndrome after influenza virus infection
- Pregnant women
- Adults and children who have chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders
- Adults and children who have immunosuppression (including immunosuppression caused by medications or by HIV)

Healthy people may make travel plans as they normally would and take common sense precautions to protect their health during travel:

- Be sure you are up-to-date with all your routine vaccinations, including seasonal influenza vaccine if available.
- Identify the health-care resources in the area(s) you will be visiting.
- Pay attention to announcements from the local government where you will be.
- Wash your hands often with soap and water.
- If you are ill with fever and other symptoms of swine flu like cough and sore throat, see a doctor, especially if you think you may have had contact with someone with H1N1 flu (swine flu) or severe respiratory illness in the seven days before becoming ill.
- Avoid further travel until you are free of symptoms, unless traveling locally for medical care.
- After your trip, closely monitor your health for seven days.
- If you become ill with fever and other symptoms of H1N1 flu (swine flu) such as cough, sore throat, and possibly vomiting and diarrhea, call your doctor or clinic for an appointment.
- For up-to-date travel information from the CDC, visit [http://wwwn.cdc.gov/travel/](http://wwwn.cdc.gov/travel/).