

H1N1 (Swine Flu) Resources for COF Travelers



H1N1 (swine) flu virus is an international concern. As a traveler, you are responsible to be sure you do not get or spread the virus. Make sure you know and practice the behaviors to prevent spread of the virus; know where you can access resources before, during and after travel; and know what to do if you do acquire the virus or are temporarily quarantined.

These resources will be helpful.

1. The World Health Organization (WHO) H1N1 website <http://www.who.int/csr/disease/swineflu/en/>
2. The Center for Disease Control (CDC). <http://www.cdc.gov/h1n1flu/>
3. The US Department of State medical information for Americans abroad. http://travel.state.gov/travel/tips/brochures/brochures_1215.html
4. World map with cases of H1N1. <http://www.healthmap.org/swineflu/>
5. Check the US Embassy website for H1N1 information about the country you are planning to visit. http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html
6. Check the government website of the country you plan to visit for country-specific information about H1N1. <http://embassyinformation.com/>
7. If you are sick with symptoms of influenza-like illness, **you should not travel**. These symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.
8. We recommend that you purchase travel medical and trip interruption insurance if it is not included in your travel program (this does not cover cancellation pre-departure). COF faculty, staff and students have access to our HTH Worldwide Assist coverage which provides medical assistance while traveling, trip interruption coverage and names of doctors and clinics abroad. See <http://www.hthstudents.com>. For more information about our HTH coverage contact the COF Global Education Opportunities (GEO) Center at geocenter@colleges-fenway.org.
9. Travel cancellation insurance may not cover pandemics, so be sure to read the fine print if you are planning to purchase it. Typically, they “do not insure fear” which means you cannot just cancel a trip because you are afraid of getting the flu. Many companies say if a traveler has symptoms of the H1N1 flu and visits a doctor before departure that says they cannot travel, or if the traveler needs to be sent home from a current trip, then cancellation is covered. Coverage is not available if a student and/or professor decide that the traveler is potentially infected with the virus - the traveler must see a physician. This website does comparisons of insurance coverage. <http://www.insuremytrip.com/blog/influenza-h1n1-swine-flu-information>
10. There may be delays at airports and other points while traveling. This site provides details about what may happen. <http://wwwn.cdc.gov/travel/content/news-announcements/delays-H1N1-screening.aspx>
11. Please note that the U.S. Department of State (US embassies, consulates, etc) usually cannot interfere with the rights of other countries to screen airline passengers entering or exiting their countries, nor can it influence the number of days in quarantine.
12. If you think you may have been exposed during travel, you should follow instructions in this brochure from the Center for Disease Control (CDC).

English <http://wwwn.cdc.gov/travel/files/may-have-been-exposed-english.ashx>
Spanish <http://wwwn.cdc.gov/travel/files/may-have-been-exposed-spanish.ashx>

French <http://wwwn.cdc.gov/travel/files/risk-thanfrench.ashx>
Arabic <http://wwwn.cdc.gov/travel/files/may-have-been-exposed-arabic.ashx>
Chinese <http://wwwn.cdc.gov/travel/files/may-have-been-exposed-chinese.ashx>
Russian <http://wwwn.cdc.gov/travel/files/may-have-been-exposed-russian.ashx>

13. Make sure you are familiar with your specific campus instructions for H1N1, including where your campus health center is located, whether you should go there if you have flu-like symptoms, and what their webpage is so you have the information at your fingertips.
14. For travelers going abroad, the CDC has the following guidelines
<http://wwwn.cdc.gov/travel/content/outbreak-notice/novel-h1n1-flu-global-situation.aspx>
15. The current World Health Organization designation for the H1N1 virus is Phase 6. This link explains the phases. http://www.who.int/csr/disease/avian_influenza/phase/en/index.html
16. Pay close attention to high-quality sources of news in your host and destination countries.
<http://www.abyznewslinks.com/>
17. Always, no matter where you are, practice these behaviors to stay healthy:

What You Can Do to Stay Healthy

There are everyday actions you can take to stay healthy.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you don't have a tissue, cough or sneeze into your elbow.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- While traveling do not use shared or public cloth towels.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to deal with stress and anxiety.