

## POCKET REFERENCE: A(H1N1)

### PRE-TRIP BEST PRACTICES

- Study destination-specific information and alerts
- Consult your company's travel policy and crisis management procedures
- Know your health insurance policy relative to travel
- Consult your physician if at high risk
- Consult the embassy of the country or countries you will visit for entry screening procedures
- Delay travel if ill

### SYMPTOMS

#### Symptoms are usually mild and recovery takes about a week:

Sudden onset of high fever, cough (usually dry), headache, sore throat, chills, fatigue, muscle and joint pain, severe feelings of malaise, runny or stuffy nose

#### Severe symptoms require immediate medical attention:

Shortness of breath or difficulty breathing, severe chest pains, weakness or inability to stand, sudden dizziness or confusion, severe or persistent vomiting, fever that lasts three or more days

### PREVENTIVE HEALTH MEASURES

- Maintain a distance of at least 3 feet (1 meter) from people with influenza-like symptoms
- Reduce time spent in crowded settings
- Refrain from handshaking, hugging and kissing; infected people may start spreading the virus before they show signs of illness
- Clean hands thoroughly and often with soap and water or an alcohol-based hand rub
- Avoid touching your mouth and nose, as well as potentially contaminated surfaces
- Practice good health habits that include adequate sleep, a nutritious diet and exercise
- Improve air flow by opening windows
- Stay well informed



### PROTECTIVE HEALTH MEASURES

In the event of illness:

- Avoid contact with others if possible; if not, maintain a distance of at least 3 feet (1 meter)
- Cover your nose and mouth when coughing or sneezing
- Dispose of tissues carefully and clean your hands immediately after
- If you do not have a tissue when you cough or sneeze, cover your mouth with the crook of your elbow
- Wear a mask to contain the spread of droplets and be sure to use it correctly
- Mitigate risk to yourself and others by following your company's crisis management plan if your illness is severe

For updates and advisories from health organizations and government agencies around the world:

[www.carlsonwagonlit.com/h1n1/health\\_organizations.html](http://www.carlsonwagonlit.com/h1n1/health_organizations.html)

[www.carlsonwagonlit.com/h1n1/government\\_updates.html](http://www.carlsonwagonlit.com/h1n1/government_updates.html)

### CONTACT INFORMATION

Personal physician: \_\_\_\_\_

Company travel manager: \_\_\_\_\_

Health insurance provider/Account number: \_\_\_\_\_

International emergency assistance: \_\_\_\_\_

CWT 24-hour Emergency Service Center: \_\_\_\_\_

Embassy: \_\_\_\_\_

Other: \_\_\_\_\_

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