

## Pandemic (“Swine”) Flu Travel Guidance

Revised September 2, 2009

This document serves as revised guidance for SC staff about travel in relation to pandemic influenza. SC suggests that all travelers’ plans reflect current severity of the pandemic wave and the risk status of the individual traveler. All travelers should check for updated travel guidance prior to their travel at: <http://wwwn.cdc.gov/travel/content/novel-h1n1-flu.aspx>. SC is following the situation closely and will update this guidance to reflect that of WHO and the US CDC. For any questions related to travel or safety, please contact Michael O’Neill ([MOneill@savechildren.org](mailto:MOneill@savechildren.org)).

Person-to-person flu transmission is most likely through close exposure (distances up to 2 meters or 6 feet), putting all those in crowded situations, including most travelers, at a higher risk of infection.

Before you travel, please review the following CDC site:

<http://wwwn.cdc.gov/travel/content/novel-h1n1-flu.aspx> and the following document on this site in particular: <http://wwwn.cdc.gov/travel/content/outbreak-notice/novel-h1n1-flu-global-situation.aspx>

The US CDC recommends that:

- If you are sick with symptoms of influenza-like illness (ILI), you should not travel.
- Travelers at high risk for complications from any form of flu discuss their travel plans with their doctor.
- Healthy people who are not in a high risk group make travel plans as they normally would and take common sense precautions to protect their health during travel.
- Travelers be aware that some countries are screening arriving and/or exiting passengers for ILI, and that detection of ILI may result in travel delays.

The US State Department advises that “antiviral medications can be obtained by prescription from a healthcare provider in the United States. If such medications or adequate medical treatment are not readily available at an overseas location or travel destination, Americans should discuss with their personal physician the advisability of obtaining an advance supply of appropriate medication for their period of stay overseas.” (See: [http://travel.state.gov/travel/tips/health/health\\_1181.html](http://travel.state.gov/travel/tips/health/health_1181.html). Tamiflu capsules may be used until the expiratory date printed on the packaging if the capsules are kept in a dry place at room temperature below 77<sup>0</sup>F / 25<sup>0</sup>C.)

SC considers the above State Department advice particularly important for people in groups at higher risk for complications from flu. Travelers in any of these risk groups should also seek care from a health provider as soon as possible after recognizing symptoms of influenza.

SC also remains concerned about the possibility of a substantial increase in pandemic severity (increased mortality resulting from changes in the 2009-H1N1 virus or emergence of a newer influenza virus) that could substantially disrupt international travel and affect SC staff, families, and beneficiaries around the world. (See: [http://travel.state.gov/travel/tips/health/health\\_1181.html](http://travel.state.gov/travel/tips/health/health_1181.html).)

For additional information on Pandemic Flu and Save the Children’s preparations please refer to:

<http://www.savethechildren.org/publications/technical-resources/avian-flu/> or <http://savenet2.savechildren.org/op/ip/gss/Pages/AvianFluUpdates.aspx>