



## Office of Public Health

H1N1 Influenza, September 11, 2009

### Recommendations for Visitors with Influenza-Like Symptoms

The worldwide H1N1 influenza outbreak has increased awareness about the importance of minimizing disease transmission at mass gatherings and other public settings.

The National Park Service (NPS) wants our visitors to know that we are actively involved in nationwide efforts to plan for and respond to H1N1. Protecting the safety and health of our visitors and employees is a top priority.

The purpose of this handout is to provide guidance on what to do if you develop influenza-like symptoms while at a National Park. Symptoms of H1N1 flu are similar to those of seasonal flu and include **fever, cough, sore throat, congestion, body aches, headache, and/or fatigue**.

If you experience any of the above influenza-like symptoms, the following actions are recommended:

- Continue to practice good cough etiquette and hand hygiene
  - Always cover your mouth when you cough or sneeze. Use a tissue, if available, and dispose of the tissue after use. Use your upper arm and sleeve, if tissues are not available.
  - Wash your hands often with soap and water and/or use alcohol-based hand sanitizers
  - Avoid touching your eyes, nose, and mouth
- Minimize close contact with others
  - At all times, try to maintain a distance of at least 6 feet from other persons
  - Avoid participating in large tours or other mass gatherings
  - Consider isolating yourself in your hotel room or other private area for at least 24 hours after your fever is gone
  - If traveling with others, identify one travel companion who will serve as your primary caretaker
- When crowded settings or close contact with others cannot be avoided:
  - Minimize the time spent in such settings
  - If available, wear a facemask to prevent spread of germs by coughing or sneezing. If a facemask is not available, use tissues and/or your sleeve.
- If your symptoms become severe and/or you wish to seek medical attention, call 911 and/or ask an NPS employee about the nearest healthcare facility

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