



# NPS Office of Public Health

## Visitor and Resource Protection



### Recommendations for Visitors with Influenza-Like Symptoms

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

The National Park Service (NPS) Office of Public Health wants our visitors to know that we are actively involved in nationwide efforts to plan for and respond to a potential pandemic event. 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 symptoms consistent with H1N1 flu while at a national park. Symptoms of H1N1 flu are similar to those of typical 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 health etiquette and 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
  - 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 a NPS employee about the nearest healthcare facility.
- If you are later diagnosed with H1N1 flu infection (or another notifiable disease), consider reporting your illness to the NPS Office of Public Health by e-mail at [PublicHealthProgram@nps.gov](mailto:PublicHealthProgram@nps.gov). Providing this information will help us to protect other visitors and employees.