

After your return from an area that has reported cases of swine flu:

- Closely monitor your health for 7 days.
- If you become ill with fever and other symptoms of swine flu like cough and sore throat and possibly vomiting and diarrhea during this period, call your doctor or clinic for an appointment right away. Your doctor may test you for influenza and decide whether influenza antiviral treatment is indicated.
- ***When you make the appointment, tell the doctor the following:***
 - *Your symptoms,*
 - *Where you traveled, and*
 - *If you have had close contact with a person infected with swine flu.*
- Avoid leaving your home while sick except to get local medical care, or as instructed by your doctor. Do not go to work or school while you are ill. If you must leave your home (for example, to seek medical care) wear a surgical mask to keep from spreading your illness to others.
- Always cover your nose and mouth with a tissue when you cough or sneeze. Throw away used tissues in a trash can.
- Wash your hands with soap and water often and especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand gel containing at least 60% alcohol.
- Avoid close contact with other people as much as possible
- Wear a surgical mask if you are in contact with other people

Status of Entry and Exit Screening in the United States and Mexico

Mexico Exit Screening

Swine flu screening has been instituted at airports and land borders for travelers departing Mexico, according to Mexican health authorities. Passengers showing symptoms of swine influenza will be asked to submit voluntarily to physical examination and further evaluation, if needed.

United States

At this time, the United States is not conducting enhanced entry screening of passengers arriving from Mexico, nor is the United States conducting exit screening of passengers departing for Mexico.

The Department of Homeland Security will provide [Travel Health Alert Notices](#) to US travelers going to and coming from Mexico at all airports, seaports, and land border crossings. These notices provide advice to travelers on how to reduce their risk of getting sick, the symptoms of swine flu, and what to do if the traveler becomes sick.

CDC will provide all ill passengers and their contacts arriving from Mexico with [Travel Health Alert Notices](#). These notices provide advice information regarding seeking health

advice from a physician and how to prevent illness in persons who have been exposed but who are not ill.

Additional Information

If you have specific questions about the swine influenza cases see <http://www.cdc.gov/contact/> or call 1-800-232-4636, which is 1-800-CDC-INFO.

To learn more about travel health, visit www.cdc.gov/travel.

For the swine Influenza situation **in Mexico**, visit:

- [Secretaria de Salud](#): Secretary of Health, Mexico [Web page in Spanish]
- [World Health Organization](#): Influenza-Like Illness in the United States and Mexico
- [Pan American Health Organization](#)

For the swine Influenza situation **in the United States**, visit:

- For information on antivirals
 - <http://www.cdc.gov/swineflu/recommendations.htm> (for healthcare professionals)
 - http://www.cdc.gov/swineflu/antiviral_swine.htm (for the public)
- For information on swine flu in the United States, visit www.cdc.gov/flu/swine

Swine flu travel health updates will be posted on <http://www.cdc.gov/travel/> as information becomes available.