

# New influenza A/H1N1

## Advice for travellers

### If you **GO** to a country affected by Influenza A/H1N1

**In any case, please refer to recommendations from the local public health authorities and:**

- Frequently wash your hands with clear water and soap or with hydroalcoholic solution.
- Regularly air the places where you are.
- Avoid contact with sick/infected people.
- Call a GP if you have experienced or are experiencing:  
**a fever/temperature higher than 38°C, soreness or tiredness + a cough or difficulty breathing.**

For help, please contact your embassy or your consulate.

### If you **COME FROM** a country affected by Influenza A/H1N1

**If you have experienced or are experiencing, within 7 days after your arrival in France:**

**A fever/temperature higher than 38°C, soreness, or tiredness + a cough or difficulty breathing**

→ Dial **15** or call a GP

#### FOR MORE INFORMATION

From abroad: +33 1 53 56 73 23

From France: 0 825 302 302

(0.15€ / min from a French landline)

[www.sante-sports.gouv.fr](http://www.sante-sports.gouv.fr)

[www.pandemie-grippale.gouv.fr](http://www.pandemie-grippale.gouv.fr)

[www.diplomatie.gouv.fr](http://www.diplomatie.gouv.fr)

