

Influenza A(H1N1)

Advice for travellers

If you are experiencing:

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

In France

Call a GP.

Dial 15 in case of emergency
(SAMU - emergency medical service)

Abroad

Call a GP.

If needed, contact your embassy or your consulate.
In any case, please refer to recommendations from the local public health authorities.

Protect yourself to protect others:

- Frequently wash your hands with clear water and soap or with hydroalcoholic solution.
- Cover your mouth and nose with your sleeve or a disposable handkerchief when you cough or sneeze.
- Avoid close contact with sick/infected people.
- If you are ill, you should wear a surgical mask if you are in the presence of other people.

Each behaviour leads to everyone's health



www.diplomatie.gouv.fr
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