



You have reported recently traveling to an area where people are currently sick with swine influenza. The Vermont Department of Health asks you to monitor your health for respiratory symptoms during the incubation period of up to **7 days**. Symptoms to watch for are:

- fever
- sore throat
- extreme fatigue
- chills
- headache
- nausea & vomiting
- cough
- body ache

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 trashcan.
- 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

For more information please visit the websites listed below or call 211.

Vermont Department Health

<http://healthvermont.gov>

Center for Disease Control (CDC) websites on swine flu

<http://www.cdc.gov/swineflu/>