

Travel Health

Have you recently arrived from overseas?

Do you have a fever, or bad cough? Are you having trouble breathing or generally feel unwell?

Please tell Reception about your symptoms particularly if you have recently been overseas.

Ask for a tissue to cover your nose and mouth, when you cough/sneeze and ask that you be seated away from other people while you wait to see a doctor or nurse.



DO:

- When you see a doctor or nurse, tell them immediately about your symptoms and that you have been overseas. Do not wait to be asked.
- Cover your nose and mouth with a tissue when coughing or sneezing.
- Throw the tissue away in a bin afterwards and then wash your hands with soap and water or alcohol-based hand gel. Make sure you dry them well.

DON'T:

- Delay seeking help.

For further information see: www.moh.govt.nz/pandemicinfluenza

From the Office of the Director of Public Health



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