
Guidelines for International Travel During Current Outbreak of Novel H1N1 Influenza

Given global concern about the spread of novel H1N1 influenza, we are offering the following information and guidance to the Penn community regarding international travel and Penn-sponsored programs.

Since country-level responses to the outbreak vary, international travelers may be subject to evolving restrictions. Travelers are advised to research how the countries you plan to visit are responding.

Following are current general recommendations for the Penn community:

- **Don't travel if you are sick.** Health officials advise postponement of travel until 7 days after the end of active symptoms. Airlines will usually permit a change in reservation if accompanied by a medical certification of your illness. Individuals may wish to purchase trip cancellation insurance.
- **Be prepared for additional screenings by local health authorities upon arrival.** Passengers who exhibit flu-like symptoms may be subject to questioning or health exams upon arrival. Some countries may have more thorough screenings than others. Screening protocols may change with little warning to air passengers.
- **Be prepared for potential quarantine or isolation at a health care facility.** Persons who have active symptoms may be placed in isolation upon their arrival until further testing can be done. In some countries, individuals can be taken to a health care facility and treated in isolation if they are suspected of being a health risk to others. Further, healthy individuals may be quarantined if they were seated nearby someone on a flight who exhibits active symptoms. Penn program leaders and faculty will try to accommodate students who miss classes due to quarantine or isolation through on-line lessons, make-up sessions, etc.
- **If you do get sick, seek timely medical attention.** Program directors will have information on available local resources where you may receive care.
- **Stay informed.** The nature of this virus requires each of us to stay informed as conditions could change rapidly. Other countries have different protocols for how persons with potentially communicable diseases are treated. It is important to understand how the countries you plan to visit are responding to this outbreak. Penn students, staff, and faculty are encouraged to consult with International SOS, our international emergency services provider, for health information for specific countries.
- **Understand that your program may need to be cancelled.** If there is a change in conditions or additional health advisories from the World Health Organization, the U.S. State Department, or the U.S. Centers for Disease Control, Penn programs may be cancelled before or during the program.
- **Know the Penn resources that can support you while abroad.**

The Office of International Programs (OIP) is coordinating Penn's response to the H1N1 outbreak for our international programs and our international students and scholars. If you have questions about a Penn-sponsored international program, please contact Penn Abroad at 215-898-9073. More information is at www.upenn.edu/oip/international/index

For updates and answers to frequently asked questions about Penn's pandemic planning, check the Penn influenza webpage: www.upenn.edu/flu

For information about H1N1 influenza or what to do if you are a Penn student and you become ill, visit the Student Health Service webpage: www.vpul.upenn.edu/shs

Penn students, faculty, and staff are encouraged to register with International SOS prior to departure. International SOS can provide travelers with latest health warnings for specific countries and can recommend approved medical doctors and medical care facilities abroad.

Please consult the I-SOS website: www.internationalsos.com

For more information on novel H1N1 influenza and international travel:

World Health Organization: www.who.int/en

Centers for Disease Control and Prevention: www.cdc.gov/travel

U.S. State Department : www.state.gov/travel
