

Pandemic Influenza Information for people arriving in New Zealand

This message is a health warning:

Call a doctor if you become ill after arrival in New Zealand.

If a worldwide influenza pandemic starts, the influenza may enter New Zealand with someone coming in from overseas and becoming ill soon after arrival.

Call a doctor if you have a high temperature (more than 38°C/100.4°F) and any of the following symptoms **within two weeks of your arrival** in New Zealand:

- cough, shortness of breath or breathing difficulties
- sore throat, stuffy or runny nose
- aches and pains or fatigue.



Tell the doctor you have recently come from overseas.

To find a doctor, ask Reception at your hotel/motel/campground or look in the front of the local telephone book under Registered Medical Practitioners, or telephone HealthLine (0800 611 116).



You can help stop the illness spreading by:

- staying where you are and avoiding direct contact with others
- covering your nose and mouth with a paper tissue when you cough or sneeze
- putting tissues straight into a sealed rubbish bin or plastic bag
- washing your hands regularly for at least 20 seconds with soap and warm water, taking special care:
 - after coughing, sneezing, blowing your nose or wiping children's noses
 - after caring for sick people
 - after using the toilet
 - before handling food.



Always dry your hands thoroughly after washing.

For more information about pandemic influenza check the website
www.moh.govt.nz/pandemicinfluenza