



Montenegro  
Ministry of Health

## For Airports, Ports and Border Crossings in Montenegro **RECOMMENDATIONS AND SURVEY**

### INTENDED TO

**travelers arriving from Mexico, USA or other countries where influenza A(H1N1) cases are registered or to any person who has traveled with infected persons or persons exposed to people suspected to be infected by influenza virus A (H1N1)**

**Please keep a copy of this Survey for seven days and check symptoms on the next page!**

Date: \_\_\_\_\_

Keep a copy of this Survey by: \_\_\_\_\_

### **IMPORTANT !!!**

Do you feel ill with fever? Do you cough? Do you have a sore throat?

If you DO HAVE one or more of the symptoms above and visited Mexico, USA or any other area where influenza A(H1N1) cases have been identified, please report it to the Police, Customs or Sanitary inspector at the border crossing, and show them this survey.

**If you are infected with influenza virus A(H1N1), you can have one or more of the following symptoms:**

- Temperature  $\geq 37,8^{\circ}\text{C}$  ( $100^{\circ}\text{F}$ )
- Sore throat
- Cough
- Runny nose
- Fever (chill)
- Headache
- Muscle pain
- Joint pain
- Fatigue
- Vomiting and diarrhea (at children mainly)

If you do not feel ill with any of these symptoms, but you have visited any countries where influenza A(H1N1) cases have been identified or have traveled with influenza A(H1N1) infected person or person who have been exposed to a suspected influenza A(H1N1) cases, please keep this survey and follow the advices below for 7 days:

- 1. Closely monitor your health**
- 2. Measure your temperature in the morning and in the evening**
- 3. Fill in measured temperature values in the table below.**

## One Week Record of Temperature Monitoring

Day	Date	In the morning	In the evening
1		°C	°C
2		°C	°C
3		°C	°C
4		°C	°C
5		°C	°C
6		°C	°C
7		°C	°C

**1. If you have not had any of the symptoms listed herein 7 days upon arrival from influenza A(H1N1) affected area, you shall be considered you have not been exposed to the influenza virus A (H1N1)**

**2. If you suspect that have had symptoms of disease caused by influenza virus A(H1N1) within the period of 7 days upon arrival from influenza A(H1N1) affected area, on the onset of first symptoms, you are advised to stay at home and restrict your movements and seek medical help immediately:**

a) Call your doctor or healthcare provider to make an appointment before traveling to see them asking for home visit or if you are capable go to your doctor by yourself (provided you have made an appointment). Take care to wear surgical mask during travel, or if you do not have it, cover your mouth and nose with a paper napkin or tissue, especially when you are coughing or sneezing.

b) Do not use public transport.

Upon reaching your doctor give him/her this Survey Tell about your recent trip and describe the symptoms you have which are listed herein.

c) If you do not have the family doctor, contact the Emergency Medical Unit and explain your health condition. You should follow the instructions you were given by the doctor.

**How to prevent spread of influenza virus A (H1N1) to your close environment until decision is made if you are to receive medical care at home or in the hospital:**

- Stay at home. Restrict your movement to one room only. Avoid close contact with other people as much as possible. In particular, take care when household members bring food to you and when you use the toilet;
- Wear surgical masks if you are in contact with other people. Your household members can buy surgical masks at a drug store. Household members, who take care of you, should also wear a surgical mask and hand gloves (if any) whenever in contact with you. Every time upon leaving your room they should remove and throw away used gloves in the trash can, and wash their hands thoroughly;
- Always cover your mouth and nose with a tissue or a part of your shirtsleeve (if you do not have a tissue) when you cough;
- Throw away used tissues in a trashcan;
- Wash your hands with soap and water after you cough or sneeze, or use alcohol -based hand cleaner.
- Throw away used tissues in a trashcan;
- Wash your hands with soap and water after you cough or sneeze, or use alcohol -based hand cleaner.

### FOR CLINICIANS ADVICE

**A patient in possessions of this Survey MAY HAVE BEEN EXPOSED to the influenza virus A (H1N1 ) when visiting a virus-affected are recently.**

Your patient has been given this Survey upon entry into Montenegro. The human cases of influenza caused by virus A (H1N1) have been identified abroad, and this passenger may have been exposed to the influenza virus A (H1N1) while staying out of Montenegro.

When examining this patient you should use personal protective equipment (mask, glasses, gloves, gown) When treating this patient you should follow the Algorithm for the management and treatment of returning travelers and visitors from countries affected by influenza virus A (H1N1) - the recognition, investigation and initial treatment.