



Annual Meetings 2009, Istanbul  
October 6-7, 2009

## Travel Advice for Istanbul Annual Meetings Attendees

**IF YOU ARE SICK WITH FLU LIKE SYMPTOMS (SEE BELOW) YOU SHOULD **NOT** TRAVEL!**

**Symptoms of A/H1N1** flu are similar to seasonal flu:

Fever (>37.8 C/100.0 F), cough, sore throat, runny or stuffy nose, body aches, chills, fatigue. A number of people have also reported having diarrhea and vomiting.

### **TRAVEL AND QUARANTINE:**

- Airports are checking individual passenger's temperature upon arrival (by scanner or other methods.)
- You will be required to fill out a questionnaire about your health upon arrival.
- You may be quarantined for a period of time by the local health authorities if you have symptoms, or if a passenger on your flight is found to have A/H1N1 flu.

**NOTE: Quarantining is at the discretion of the host country, and the Joint Bank/Fund Health Services Department has no authority to suspend quarantine.**

### **WHAT TO DO BEFORE YOU TRAVEL:**

- Review the HSD website for available medical care in Istanbul (information forthcoming).
  - *NOTE: A list should be available of providers at the Conference Center Medical facility.*
- Obtain your seasonal flu vaccination from a health care provider prior to departing.
- If you suffer from an underlying condition or if you are pregnant, you should consult with your doctor who, based on your medical history, may consider stand-by antiviral treatment.
- The A/H1N1 vaccine is not anticipated to be available prior to the Annual Meetings globally.

### **A/H1N1 High-Risk Target Group includes:**

Pregnancy, Chronic Respiratory (i.e. Asthma), Cardiac, Diabetes, Neurological, Renal, Hepatic and Hematologic disorders and those with compromised immune systems (i.e. HIV, Cancer patients)

### **GENERAL PRECAUTIONS WHILE TRAVELING**

- Cover your mouth when you cough or sneeze
- Wash your hands frequently (soap & water or hand sanitizers)
- Avoid contact with sick people
- If you develop flu-like symptoms (see above), stay in your hotel room and seek medical attention (further details to come)

***There will be a Medical Unit on site at the Convention Center during the Meetings.***

**Check the following websites for up-to-date information:**

CDC website (**SPECIFIC WEBSITE FOR TRAVEL**):

<http://wwwn.cdc.gov/travel/content/novel-h1n1-flu.aspx>

WHO website (**SPECIFIC WEBSITE FOR TRAVEL**):

[http://www.who.int/csr/disease/swineflu/frequently\\_asked\\_questions/travel/en/index.html](http://www.who.int/csr/disease/swineflu/frequently_asked_questions/travel/en/index.html)

This page will be updated as we gather more information.



September 9, 2009

