




ATTENTION

If traveling to a country with human cases of “swine flu”, the following measures are recommended for your protection:

- Adhere to personal hygiene precautions, such as:
 - Wash your hands carefully and frequently with soap and water, or cleanse with an alcohol-based solution 
 - Cover your mouth and nose with a tissue when coughing or sneezing. Discard each tissue in a waste bin right away.
 - Avoid hand-shaking to prevent germ spread, if you are unwell.
 - Avoid close contact with persons suffering from a respiratory infection.
- Avoid crowded settings
- Avoid visiting swine breeding locations
- If you fall ill with flu symptoms, immediately seek medical help and postpone travelling until you recover.

Monitor your health for 7 days following your return from an affected area. If you fall ill with:

- Fever exceeding 38 °C
- Cough, sore throat, muscle aches, headache, or shortness of breath

Stay in your hotel room or at home and immediately contact the

Hellenic Centre for Disease Control and Prevention
using the telephone numbers: 210 – 5212054 and 210 - 5222339