

# *Recommended Health Alert Notice*

## SEVERE ACUTE RESPIRATORY SYNDROME (SARS)

### CRUISE LINES NOTICE

#### MESSAGE FOR CRUISE LINES TRAVELLERS

During your time on board the cruise ship, you may have been in contact with a SARS-affected person.

If you have a fever **AND** one or more of the following respiratory symptoms - cough, shortness of breath or difficulty breathing - Health Canada recommends that you notify one of the cruise line health personnel immediately.

You should monitor your health for 10 days following the time you left the cruise ship. If you develop a fever **AND** one or more of the following symptoms during a 10-day period- chills, muscle aches, feeling generally "unwell", headache, cough, shortness of breath or difficulty breathing - Health Canada recommends that you seek medical advice as soon as possible. Call ahead to your physician or your local public health unit/department for information about the appropriate Emergency Department or established SARS Centre you should visit for medical assessment. While not all travellers with these symptoms have developed SARS, it is nevertheless important to ensure that if you do get these symptoms, you stay away from other people until you have been assessed for SARS. These actions are very important for stopping the spread of SARS.

You can obtain up-to-date health alert information from Health Canada about the situation at [www.sars.gc.ca](http://www.sars.gc.ca). In Canada, you can call 1-800-454-8302.

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**June 10<sup>th</sup>, 2003**  
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**To be handed out on-board if there is a SARS case**

