



Health Alert Notice

Severe Acute Respiratory Syndrome (SARS)

FOR INTERNATIONAL TRAVELLERS ARRIVING IN OR RETURNING TO CANADA

To the traveller:

During your time outside Canada, you may have visited an area or country where there have been reports of Severe Acute Respiratory Syndrome (SARS) cases.

On the plane or ship:

If you are currently on a plane or ship and have developed a fever **AND** one or more of the following symptoms - cough, shortness of breath, or difficulty breathing - Health Canada recommends that you notify one of the crew immediately.

Once in Canada:

You should monitor your health for 10 days following your arrival in Canada. If you develop a fever **AND** one or more of the following symptoms during the 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. If possible, call ahead to your physician or your local public health unit/department for information about the appropriate Emergency Department to 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 preventing the spread of SARS.

Please save this card for ten days. You can obtain up-to-date health alert information in English or French from Health Canada at www.sars.gc.ca. Alternatively, in Canada, you can call **1-800-454-8302**.

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