

WE ARE ALL LOOKING FORWARD SPENDING TIME WITH FRIENDS AND FAMILY

~ TIPS ON HOW YOU CAN PREVENT FLU WHILE TRAVELING ~

The risk for exposure to influenza during travel depends somewhat on the time of year and destination.

- In the Northern Hemisphere, the flu season can begin as early as October and can last as late as April or May.
- In the temperate regions of the Southern Hemisphere, influenza activity typically occurs during April – September.
- In the tropics, influenza activity occurs throughout the year.
- Travelers in the Northern and Southern Hemispheres can be exposed to influenza during months that fall outside of those listed above, especially when traveling as part of large tourist groups (e.g., on cruise ships) that include people from areas of the world where influenza viruses are circulating.

CDC recommends that everyone 6 months and older get a flu vaccine yearly.

- Everyone 6 months and older should get a flu vaccine yearly, preferably in the fall before the U.S. flu season begins.

People who have not gotten a flu vaccine for the current season and are traveling to parts of the world where influenza activity is ongoing should get a flu vaccine to protect themselves during their trip.

- This is particularly important for [people at high risk of flu-related complications](#).
- The flu vaccine used in the Northern Hemisphere usually protects against the main viruses that have been circulating in other parts of the world.

People should get vaccinated at least 2 weeks before travel because it takes 2 weeks for vaccine immunity to develop after vaccination.

- No information is available about the benefits of getting revaccinated before summer travel for those people who already were vaccinated during the preceding fall, so revaccination is not recommended.
- Keep in mind that influenza vaccine manufactured for the upcoming or current season usually expires the following June. After June, flu vaccines are usually not available in the U.S. until the influenza vaccine for the next season is produced and made available in the fall.
- Also, even if you receive the previous season's vaccine before travel during the summer months, you should still receive the new flu vaccine that coming fall or winter.

More Information for Travelers

- **If you are sick with symptoms of influenza-like illness, you should not travel.** These symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, and fatigue. Some people may have vomiting and diarrhea, though this is more common in children than adults. It's important to note that not everyone with flu will have a fever.

If you are sick, stay home until at least 24 hours after you no longer have a fever or signs of a fever without the use of a fever-reducing medicine, such as Tylenol®.