Infectious Disease Precautions for our Visitors

Welcome to UCAR/NCAR/UCP. We hope your trip will be fruitful and pleasant. There are a few things we’d like you to know about traveling to the United States.

1. Medical care can be very expensive—please make sure that you have health insurance while on travel. Know local hospital and medical facilities contacts. Your host can assist you with this.

2. If you become ill with a fever (a temperature of 100.4 degrees F or 38 degrees C or higher) develop vomiting or diarrhea, please do not come to the office, conference, meeting or similar types of events. Stay home (hotel) and seek medical attention.

A few simple measures will significantly reduce your risk of catching cold and flu viruses:

- **Wash your hands.** Thorough washing should take at least 30 seconds. Viruses wash away just like dirt. They also need moist surfaces to survive, so drying is important. If soap and water are unavailable, use an alcohol-based hand sanitizer. Viruses enter the body through mucous membranes; hand washing before eating, touching your face, eyes, or nose is particularly important.

- **Avoid sick people.** Avoid close contact with people who are sneezing or coughing. Droplets will easily travel five feet in air at 100 mph.

- **Keep things clean.** Clean items that you touch a lot, such as doorknobs and telephones. Frequently touched surfaces in public areas at UCAR facilities are sanitized regularly by the custodial staff. You are responsible for the cleanliness of your individual workspaces.

- **Get your flu shot.** Get an annual flu vaccination.

- **Do some research before traveling.** Review health information at the Center for Disease Control website and follow recommended precautions while traveling.

If you feel ill:

- **Don’t go out.** Stay at home, or promptly go home if you have a fever. Fever is defined as a core body temperature of 100.4 degrees F or 38 degrees C or higher. Follow up with a local healthcare provider.

- **Practice droplet etiquette.** Catch your sneezes and coughs in a tissue (then throw it away and wash your hands thoroughly) or in the crook of your elbow. Avoid coughing or sneezing into your bare hands.

Additional information can be found at the following websites:

- Center for Disease Control [http://www.cdc.gov](http://www.cdc.gov)
- World Health Organization [http://www.who.int/en](http://www.who.int/en)
- HESS Infectious Disease Precautions [http://www2.fin.ucar.edu/fms/hess/infectious-disease-precautions](http://www2.fin.ucar.edu/fms/hess/infectious-disease-precautions)