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 (temperature =>100.4F or 38 C), 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 respiratory diseases.

1. **Wash your hands.** Frequently and thoroughly wash your hands with soap and warm water, and then thoroughly dry with paper towel or warm air dryer. Thorough washing should take at least 30 seconds, and include washing both sides of your hands, between the fingers and around the fingernails. Viruses are particles and will wash away just like dirt. They also need moist surfaces to survive, so the drying is important. If soap and water are not available, use an alcohol-based hand rub. Because viruses enter the body at mucous membranes, hand washing before eating, touching your face, eyes, nose is particularly important.

2. **Avoid sick people.** Avoid close contact with people who are sneezing or coughing. Sneeze droplets will easily travel 5 feet in air at 100 mph.

3. **Keep things clean.** Frequently clean items that are regularly touched, such as doorknobs and telephones. Frequently touched surfaces in public areas at UCAR facilities are sanitized regularly by the custodial staff. Employees are responsible for the cleanliness of individual workspaces.

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

5. **Do some research before traveling.** Review health information at the Centers for Disease Control web site, and follow recommended precautions while traveling.

A few simple measures will significantly reduce your chance of spreading these viruses if you are ill or becoming ill.

1. **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.

2. **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 – as they will touch lots of surfaces before you can wash them.

Additional information may be found at the following Web sites

- Centers for Disease Control  [http://www.cdc.gov/](http://www.cdc.gov/)
- HESS Infectious Disease Precautions  [https://www2.fin.ucar.edu/fms/hess/infectious-disease-precautions](https://www2.fin.ucar.edu/fms/hess/infectious-disease-precautions)