

MIDDLE EAST RESPIRATORY SYNDROME (MERS)

INFORMATION FOR TRAVELLERS

KEEP THIS CARD

If you have returned from an area affected by MERS, you should:

- See your doctor immediately if you feel unwell and develop any of the symptoms, especially if you have a weakened immune system. Tell your doctor you have travelled.
- Talk to a Biosecurity Officer at your port of arrival if you feel unwell when you arrive in Australia.
- Keep this card for up to 14 days after you have left the MERS affected area as symptoms may take this long to develop.

Symptoms of MERS are:



FEVER



COUGH



BREATHING DIFFICULTIES



DIARRHOEA

For more information check the Australian Government website

www.health.gov.au/MERS

IF YOU ARE TRAVELLING TO, OR LIVE IN, AN AREA OVERSEAS THAT IS AFFECTED BY MERS, YOU SHOULD:



Australian Government
Department of Health
and Aged Care



Interim
Australian
Centre for
Disease
Control

PROTECT YOURSELF

- Avoid close contact with sick people and sick animals.
- Wash your hands often with soap and water or use hand sanitiser after any contact with camels or camel products.
- Avoid raw camel milk, undercooked camel meat and anything contaminated with camel secretions.
- Keep up-to-date with all routine and travel vaccinations.

STOP THE SPREAD

- If you are sick, avoid contact with other people.
- Wash hands regularly with soap and water or use hand sanitiser.

SEEK MEDICAL ADVICE

- If you develop symptoms of MERS infection, seek medical advice.

KEEP INFORMED

Check www.health.gov.au/MERS for regular updates.