

Embassy of the United States

Department of State

You Are In: [American Citizen Services](#) > [Travel Information](#) > Warden Notice

WARDEN MESSAGE – H1N1 UPDATE



U.S. Embassy Dar es Salaam, Tanzania

Warden Message – H1N1 Update

July 15, 2009

This Warden Message alerts U.S. citizens to the latest information regarding human cases of 2009-H1N1 Influenza, sometimes referred to as swine flu or novel H1N1. As anticipated, the H1N1 influenza virus has arrived in Tanzania. The first confirmed case of H1N1 infection in Tanzania was tested at the Muhimbili National Hospital laboratory in Dar es Salaam. The case was announced Thursday by the Director of Clinical Services at Muhimbili National Hospital. There is no cause for panic. The disease, thus far, has proven far less virulent than originally expected, and the vast majority of patients who get infected with novel H1N1 flu have a mild illness that does not require hospitalization and resolves on its own.

The Government of Tanzania is currently not screening arriving passengers at Dar es Salaam International Airport. Arriving passengers may be asked about flu symptoms, contact with a patient with flu symptoms, and point of embarkation. We urge arriving passengers to cooperate with local health authorities. Travelers to other countries should check with that country's local or home Consular office for information before planning travel.

There is currently no restriction on travel into the United States.

Any questions or concerns about influenza or other illnesses should be directed to a medical professional. Although the Embassy cannot provide medical advice or provide medical services to the public, a list of hospitals and doctors can be found on our website at <http://tanzania.usembassy.gov/>.

Please note that the Embassy is NOT advising Americans in Tanzania to depart. At this time, the Embassy advises Americans to review the guidance provided by the U.S. Centers for Disease Control and the World Health Organization.

For more information on U.S. Government policy during a pandemic, and for travel safety information, please see the State Department's "Pandemic/Avian Influenza" and "Remain in Country" fact sheets on www.travel.state.gov. Further information about 2009-H1N1 Influenza, including steps you can take to stay healthy, can be found at the U.S. Centers for Disease Control website at <http://www.cdc.gov/h1n1flu/>, the U.S. Government pandemic influenza website at <http://www.pandemicflu.gov>, and the World Health Organization website at <http://www.who.int/csr/disease/swineflu/en/index.html>.

U.S. citizens may also call the Office of Overseas Citizens Services in the United States for the latest travel information. The Office of Overseas Citizens Services can be reached from 8:00 a.m. until 8:00 p.m. Eastern Daylight Time, Monday through Friday, by calling 1-888-407-4747 from within the U.S. and Canada, or by calling (202) 501-4444 from other countries.

Americans living or traveling in Tanzania are encouraged to register with the U.S. Embassy through the State Department's travel registration website, <https://travelregistration.state.gov/ibrs/ui/>, so that they can obtain updated information on travel and security within Tanzania. Americans without Internet access may register directly with the nearest U.S. Embassy. By registering, American citizens make it easier for the Embassy to contact them in case of emergency. The Consular Section of the U.S. Embassy in Tanzania can be contacted by telephone [255] (22) 266-8001 x 4122 and fax [255] (22) 266-8238. You may also contact the U.S. Embassy in Tanzania via email at drsacs@state.gov. For after hours emergencies U.S. citizens should call [255] (22) 266-8001.