

CDC TRAVEL HEALTH WARNING FOR NOVEL H1N1 FLU IN MEXICO REMOVED

CDC's Travel Health Warning recommending against non-essential travel to Mexico, in effect since April 27, 2009, has now been downgraded to a Travel Health Precaution for Mexico as of May 15, 2009.

Current Situation

CDC has been monitoring the ongoing outbreak of novel H1N1 flu in Mexico and, with the assistance of the Mexican authorities, has obtained a more complete picture of the outbreak.

There is evidence that the Mexican outbreak is slowing down in many cities though not all. In addition, the United States and other countries are now seeing increasing numbers of cases not associated with travel to Mexico.

Finally, the risk of severe disease from novel H1N1 virus infection now appears to be less than originally thought.

CDC Recommendations

At this time, CDC has removed its recommendation that U.S. travelers avoid travel to Mexico. CDC continues to recommend that travelers visiting Mexico take steps to protect themselves from getting novel H1N1 flu.

CDC recommends that travelers at high risk for complications from any form of influenza discuss with their physicians the risks and benefits of travel in the context of their planned itinerary to Mexico, and may want to consider postponing travel. Travelers at high risk for complications include:

- Children less than 5 years old
- Persons aged 65 years or older
- Children and adolescents (less than 18 years) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye syndrome after influenza virus infection
- Pregnant women
- Adults and children who have chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders
- Adults and children who have immunosuppression (including immunosuppression caused by medications or by HIV)
- Residents of nursing homes and other chronic-care facilities