

**Information for Travelers and Residents**  
**Warden Message**  
**U.S. Embassy Belmopan, Belize**  
**September 18, 2009**

The U.S. Embassy in Belmopan alerts U.S. citizens to the latest information regarding an influenza outbreak on Caye Caulker, Belize. The strain of flu is yet to be determined or classified. The Belize Ministry of Health has not confirmed whether the flu outbreak detected in Caye Caulker is the same as the current 2009 H1N1 “swine flu.”

The Ministry of Health reported yesterday that it has detected a major outbreak of a flu-like illness in Caye Caulker and issued a public advisory. Various media outlets have reported the closing of public schools on Caye Caulker and the possibility of postponement or cancellation of some Independence Day events.

The U.S. Embassy has recommended that its employees refrain from discretionary travel to Caye Caulker over the three-day holiday weekend and recommends that Americans living or visiting in Belize take this information into consideration as they make travel plans for the Independence Day celebrations.

According to the Ministry of Health, the most common symptoms include fever, cough, sore throat and runny nose. The Ministry also advises the public to wash hands frequently and cover the mouth when coughing and sneezing. Further, the Ministry reminds the public that people suffering with flu like symptoms should visit their nearest health care provider and remain at home for the duration of their illness.

For specific information about 2009-H1N1 flu, including steps you can take to stay healthy, please consult Department of State information at [http://travel.state.gov/travel/cis\\_pa\\_tw/pa/pa\\_pandemic.html](http://travel.state.gov/travel/cis_pa_tw/pa/pa_pandemic.html), the United States Centers for Disease Control website at <http://www.cdc.gov/swineflu>, and the World Health Organization website at <http://www.who.int/csr/disease/swineflu/en/index.html>. For additional travel safety information, please consult the State Department’s website at [www.travel.state.gov](http://www.travel.state.gov).

For the latest security information, Americans living and traveling abroad should regularly monitor the Department’s Bureau of Consular Affairs Internet web site at <http://travel.state.gov>, where the current Worldwide Caution, Travel Alerts, Travel Warnings, and health information resources can be found. Up-to-date information on security can also be obtained by calling 1-888-407-4747 toll free in the U.S. and Canada or, for inquirers in other areas, by calling a regular toll line at 1-202-501-4444. These numbers are available from 8:00am to 8:00pm Eastern Time, Monday through Friday (except U.S. federal holidays).

Americans living in or traveling to Belize are encouraged to register with the U.S. Embassy through the State Department’s travel registration website at: <https://travelregistration.state.gov/ibrs/ui/>

By registering Americans Citizens can obtain updated information on travel and security within Belize, and make it easier for the Embassy to contact them in case of emergency. Americans without Internet access may register directly with the U.S. Embassy.

The U.S. Embassy is located at #4 Floral Park Road, Belmopan City, Belize; Tel: 501-822-4011 8:00am to 5:00pm—or for emergencies after hours, weekends, and holidays at 501-610-5030, Fax: 501-822-4050; E-mail: [ACSBelize@state.gov](mailto:ACSBelize@state.gov); Website: [Belize.usembassy.state.gov](http://Belize.usembassy.state.gov).