

Information for Travelers and Residents
Warden Message
U.S. Embassy Belmopan, Belize
September 28, 2009

UPDATE ON INFLUENZA A H1N1 VIRUS

The U.S. Embassy in Belmopan alerts U.S. citizens to updated information from a press release issued by the Belize Ministry of Health on September 25th regarding Influenza A H1N1 Virus.

According to the press release, Belize is now in the second wave of the Influenza A H1N1 Virus; to date, Belize has 36 laboratory confirmed cases of H1N1.

The Ministry states there has been an increase of patients going to outpatient clinics with influenza-like illnesses, above the number expected for this time of year. Monitoring of patients accessing outpatient and emergency services continues. The virus in circulation in the country is compatible with the Influenza A H1N1 with a high level of susceptibility to Tamiflu, the anti-viral drug used to treat the virus.

Currently, school-aged children and young adults in the Belize, Cayo, and Corozal Districts are mostly affected by this virus. Most of the cases seen in outpatient clinical settings have been mild to moderate.

There is no vaccine for the Influenza A H1N1 virus in Belize. Tamiflu is available in country and is considered a prescription drug that should be used only as recommended by your attending physician. Tamiflu is available for free when prescribed. For more information, contact the Belize Ministry of Health.

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, 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.

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; Website: Belize.usembassy.state.gov.