



**DEPARTMENT OF THE NAVY**

U.S. NAVAL HOSPITAL

PSC 482

FPO AP 96362-1600

6200

Ser 00/14871

14 Apr 03

FROM: Commanding Officer, U.S. Naval Hospital, Okinawa  
TO: All Travelers

SUBJ: HEALTH ALERT NOTICE FOR INTERNATIONAL TRAVELERS

1. During your recent travel, you may have been exposed to severe acute respiratory syndrome (SARS). You should monitor your health for at least 10 days. If you become ill with a fever accompanied by a cough, or difficulty in breathing, you need to consult a health care provider promptly. To help your provider make a diagnosis, inform them of your recent travel to these regions or whether you were in contact with someone who had these symptoms.

2. While we expect the risk of exposure to SARS to be low, introduction of SARS into our local community could result in an increasing number of cases and would adversely impact readiness. We are therefore taking these preventive measures to ensure the safety of all individuals on Okinawa.

3. Please complete the questions on the reverse side of this form to determine if you may be at risk or have symptoms of SARS. Show this form to your supervisor upon returning from leave to ensure that you are not at risk of spreading SARS in the workplace. Although your supervisor may want a copy of this form, keep this sheet for future reference and follow the instructions provided. For this or any other health concerns, please contact your primary care manager for further guidance.

4. Additional information on SARS, including frequently asked questions, relevant resources and hotlinks to the Center for Disease Control and the World Health Organization websites can be obtained at [www.med.navy.mil/sites/nhoki](http://www.med.navy.mil/sites/nhoki).

M. H. MITTELMAN  
Captain, Medical Service Corps  
United States Navy



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**RANK/NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**HOME PHONE (DSN & COMM):** \_\_\_\_\_

**WORK PHONE (DSN & COMM):** \_\_\_\_\_

**BASE:** \_\_\_\_\_

**UNIT:** \_\_\_\_\_

**Have you traveled to Mainland China, Taiwan, Hong Kong, Vietnam or Singapore in the last 10 days?**                       **YES**                       **NO**

- **If NO**, then you are not at risk of SARS\*.
- **If YES**, continue...

**Do you currently have a fever greater than 100.4°F?**                       **YES**                       **NO**

- **If NO**, continue to monitor your temperature for the next 10 days.
- **If YES**, continue...

**Do you currently have a cough?**                       **YES**                       **NO**

- **If NO**, and you don't have any other respiratory problems, you do not currently have SARS, but continue to monitor your symptoms for any changes.
- **If YES**, continue...

**Do you currently have any difficulty breathing?**                       **YES**                       **NO**

- **If NO**, please make an appointment with your primary care provider for evaluation of your fever and cough. Your provider can evaluate your symptoms and provide you with additional SARS information. Notify your provider of your recent travel to an affected area.
- **If YES**, promptly go to the Emergency Department at USNH Okinawa for evaluation of your symptoms and notify the doctor of your recent travel to an affected area. There is a possibility that you may have SARS and should be promptly evaluated.

\*If you have cared for or live with a sick individual who has recently returned from one of these areas, then there is a small possibility that you may have been exposed to SARS. Contact your provider for further guidance.