

# HEALTH ADVISORY:

## Middle East Respiratory Syndrome (MERS)



### Going to the Arabian Peninsula?



A new disease called MERS has been identified in some countries.

The risk to most travelers is low, but you should take these steps to prevent the spread of germs:

- Wash your hands often.
- Avoid touching your face.
- Avoid close contact with sick people.



Symptoms include fever, cough, and shortness of breath.



If you get sick within 14 days of being in the Arabian Peninsula, call a doctor and tell the doctor where you traveled.



For more information:  
visit [www.cdc.gov/travel](http://www.cdc.gov/travel)  
or call 800-CDC-INFO.

