

Message for U.S. Citizens – Increase of Influenza Cases in La Paz

U.S. Embassy La Paz, Bolivia

June 13, 2013

Recent news reports have shown an increase of influenza cases in La Paz especially the H3N2 virus. An alert has been declared in El Alto to encourage people to get vaccinated and report symptoms.

Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

You can stay in touch and get Embassy updates by checking the Embassy website, found [here](#). Up-to-date information on security can also be obtained by calling 1-888-407-4747 toll-free in the United States and Canada or, for callers outside the United States and Canada, by calling the

regular toll line at 1-202-501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

U.S. citizens are encouraged to enroll in the Smart Traveler Enrollment Program (STEP). U.S. citizens without internet access may enroll directly at the nearest U.S. Embassy or U.S. Consulate. By enrolling, U.S. citizens make it easier for the embassy/consulates to contact them in case of emergency. Stay up to date by bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution. Follow us on Twitter and the Bureau of Consular Affairs page on Facebook, and download our free Smart Traveler iPhone App to have travel information at your fingertips.

You can contact the American Citizen Services Unit at the U.S. Embassy in La Paz, Bolivia, via e-mail at ConsularLaPazACS@state.gov or by telephone at 591-2-216-8246 during regular business hours (Monday to Friday, 8 a.m. to 5 p.m.) or 591-216-8000, after hours and on weekends. The U.S. Embassy is located at 2780 Arce Avenue in La Paz, Bolivia, and is open to the public by appointment on Monday through Thursday from 08:00 to 12:30, and Thursdays from 14:00 to 16:00. You can schedule a non-emergency appointment by visiting this website <http://bolivia.usembassy.gov/>.

The Embassy operates two Consular Agencies in the cities of Santa Cruz and Cochabamba, Bolivia. These agencies can also provide assistance to U.S. citizens. The Santa Cruz Consular Agency is located on Roque Aguilera Avenue #146 (3rd ring). You can contact the Santa Cruz Consular Agency by telephone at 591-3-351-3477, during regular business hours (Monday - Friday, 9 a.m. to 12:30 p.m. and 1:30 p.m. to 3:00 p.m.). The Cochabamba Consular Agency is located on Edificio Saal, Avenida Pando 1122, 1st Floor. You can contact the Cochabamba Consular Agency by telephone at 591-4-411-6313, during regular business hours (Monday, Tuesday and Thursday, 9 a.m. to 12:30 p.m. and Wednesday, 1:30 p.m. to 5:30 p.m.). If you wish to visit the Consular Agencies for a non-emergency matter, please schedule an appointment through this website.