

Advice for Travellers Planning to Visit Human Swine Influenza Affected Areas

Human Swine Influenza

The World Health Organization has declared the recent human Swine Influenza situation a public health emergency of international concern. Confirmed human cases of Swine Influenza A (H1N1) have been reported in many parts of the world including Hong Kong. Please visit this website for the updated list of affected areas: http://www.chp.gov.hk/files/pdf/Swine_flu_List_of_affected_areas.pdf

Human-to-human transmission has occurred in the present Swine Influenza outbreak. Symptoms of Swine Influenza include fever, lethargy, lack of appetite and coughing. Some may present with running nose, sore throat, nausea, vomiting and diarrhoea.

Advice for Travellers

Strict adherence to personal and environmental hygiene is essential for prevention of Swine Influenza. DH reminds travellers to watch out for the latest developments of Swine Influenza when planning travel, and consider postponing trips to affected areas. If travel to such places is unavoidable, travellers should prepare adequate face masks and alcohol-based hand cleaners and take the following precautionary measures:

- Wear a mask during travel;
- Avoid contact with sick people;
- Avoid touching eyes, nose or mouth;
- Wash hands frequently with soap and water, or apply alcohol-based hand cleaners;
- If signs or symptoms of influenza appear, seek medical advice promptly and provide details of your recent travel.

The Government of the HKSAR requires each arriving passenger to complete a Health Declaration Form and return it to designated collection points. Travellers returning from affected areas should wear a mask for 7 days and pay close attention to your health.

Use of Anti-viral Drugs

According to interim testing result performed by Centers for Disease Control and Prevention, USA, Swine Influenza virus is sensitive to two antiviral drugs, namely Oseltamivir (Tamiflu) and Zanamivir (Relenza). They are recommended for treatment and chemoprophylaxis of this Swine Influenza virus infection. You should consult your doctor before taking these anti-viral drugs.