

Health Advice for Tour Leaders and Tour Guides Operating Tours in Hong Kong for Prevention of Human Swine Influenza (Influenza A/H1N1)

The World Health Organization has declared the human swine influenza (swine flu) outbreak a global pandemic. Confirmed cases of swine flu have been reported in many parts of the world, including Hong Kong. The symptoms of swine flu include fever, cough, sore throat, runny nose, muscle pain and headache. Some people infected with swine flu may also have vomiting and diarrhoea.

Human-to-human transmission of swine flu is thought to occur in the same way as seasonal flu is spread among people, mainly through coughing or sneezing. People may also become infected by touching objects soiled with flu viruses and then touching their mouth, nose or eyes. Swine flu has not been shown to be transmissible to people through eating properly handled and cooked pork and pork products.

Tour leaders and tour guides are key persons in the reception of tourists. They provide the best of services to make tourists feel at home and take care of their health during the trip. A tour leader or tour guide should therefore cease reception of tourists if he/she experiences the following:

1. Feeling unwell, especially having a fever; or
2. Having been in close contact with suspected or confirmed swine flu patients during the last 7 days. (Close contact means having cared for, having lived with, or having had contact with the respiratory secretions or body fluids of an infected person.)

Before the Trip

- Watch out for the latest developments in the swine flu outbreak when planning travel.
- Advise tourists to buy medical insurance.
- Prepare the following:
 - A list of registered medical practitioners and hospitals with accident and emergency services in Hong Kong including details such as addresses and telephone numbers.
 - Some useful items such as tissue paper, masks, vomit bags and thermometer for tourists' use when necessary.
 - An alcohol-based handrub (containing 70-80% alcohol) for hand hygiene if hands are not visibly soiled. Hand washing is required when hands are visibly soiled.
 - Telephone numbers of tourists' family members.

During the Trip

Restaurants

- Patronise reputable and hygienic restaurants which provide liquid soap and hand washing facilities.
- Request for serving chopsticks and spoons.

The Tour Coach

- Arrange an appropriate coach for the size of group to avoid overcrowding inside the coach.
- The driver should clean the interior of the coach every time before and after carrying tourists.
 - For general purpose, cleanse with a 1 in 99 diluted household bleach solution (mixing 1 part of 5.25% household bleach with 99 parts of water), rinse with water and then wipe/mop dry.
 - If the interior is contaminated with body secretions, e.g. vomitus, use disposable towels to wipe them away. Then disinfect the surface and the neighbouring area immediately with appropriate disinfectant, e.g. 1 in 49 diluted household bleach solution (mixing 1 part of 5.25% household bleach with 49 parts of water). Leave for 15-30 minutes. Then rinse with water. Use 70% alcohol for metallic surface.
- Inspect the air conditioning system frequently to ensure good ventilation.
- Make alcohol-based handrub, masks, vomit bags and tissue paper available on the coach for tourists' use.
- Place a lidded rubbish bin inside the coach to be emptied frequently.

Health Advice for Tourists

- Remind tourists to avoid setting off for Hong Kong if they develop symptoms of influenza.
- Request tourists to cooperate with port health authorities and comply with all necessary immigration procedures and health checks, including compliance with temperature checking.
- Remind tourists to observe good personal and environmental hygiene:
 - Put rubbish in a rubbish bin. Use a tissue paper to hold their spit and discard it into a bin with a lid. Littering or spitting in public is an offence. The offender is liable to a fixed penalty of HK\$1,500.
 - Keep hands clean at all times. Wash hands with liquid soap after going to the toilet, before meals or handling food, and after touching public installations or equipment.
 - Avoid touching mouth, nose or eyes. If unavoidable, wash hands before touching them. If hand washing facilities are not available, clean hands with an alcohol-based handrub.
 - Have tissue paper handy and cover the mouth and nose with tissue paper when

sneezing or coughing.

- Have masks handy and put one on when the tourists themselves or fellow travellers feeling unwell with flu-like symptoms.
 - To prevent spread of infection, do not share towels or personal items.
 - Use serving chopsticks and spoons at meal times. Do not share lunch boxes or drinks.
 - Maintain healthy lifestyle practices throughout the trip. Do not smoke.
- Remind members to inform the tour leader and tour guide immediately if they develop fever or any symptoms during the trip.
- Provide the following information to tourists for use in case of any discomfort or emergency:
- The name, room number and telephone number of the tour leader/tour guide;
 - Telephone number of the hotel's reception desk.
- Regularly look out for the latest swine flu situation and act in the best interest of the tourists.

If a Tourist Feels Unwell

- The sick tourist and his/her carers should put on a mask immediately.
- The tour leader/tour guide should also wear a mask and help arrange for medical treatment of the sick tourist immediately.
- Seek medical advice on whether the sick tourist could continue travelling with other members of the group.
- If the sick tourist is suspected to have swine flu and is required to be hospitalised for investigation, the tour leader/tour guide should immediately call the Department of Health's hotline at 2125 1111.
- The tour leader/tour guide should cooperate with the Department of Health in the subsequent tracing of travel collaterals.

After the Trip

- Advise tourists to pay close attention to their health after the trip. If they develop fever or flu-like symptoms, they should consult a doctor promptly.
- Keep personal information and telephone numbers of the group members for at least 2 weeks to facilitate investigation if required.

Health Information for Travellers

- For health information for travellers, please call the Department of Health's Travel Health Centre at 2961 8840 or 2150 7235, or visit the Department of Health's Travel Health Service

website at <http://www.travelhealth.gov.hk>.

- . For information on swine flu, please call the Department of Health's hotline at 2125 1111 or visit the Centre for Health Protection's website at <http://www.chp.gov.hk>.

Department of Health

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