

Guidelines on Prevention of Avian Influenza for Travellers

The Department of Health advises travellers to take the following precautionary measures to minimise the risk of contracting and spreading Avian Influenza.

Disease information

<https://www.chp.gov.hk/en/healthtopics/content/24/13.html>

Affected Areas

Check updates about the affected areas at

http://www.chp.gov.hk/files/pdf/global_statistics_avian_influenza_e.pdf

Before departure

- Prepare adequate surgical masks and 70 to 80% alcohol-based handrub.
- If feeling unwell with respiratory symptoms, such as having fever, cough, sore throat or muscle ache, put on a surgical mask and seek medical advice immediately; postpone your trip until recovery.

While travelling

- Cooperate with port health authorities and comply with all necessary immigration procedures and health checks at destinations.
- Observe personal hygiene
 - Avoid touching eyes, nose and mouth.
 - Keep hands clean at all times. Perform hand hygiene frequently, especially before and after touching the mouth, nose or eyes; before eating; after using the toilet; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing.
 - Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with either a clean cotton towel or a paper towel. When the hands are cleaned, do not touch the water tap directly again (for example, using a paper towel to wrap the faucet before turn it off).
 - If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative.
 - Have tissue paper handy and cover the mouth and nose with tissue paper when sneezing or coughing.

- Do not spit or litter. Use tissue paper to hold your spit. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
- Have surgical masks handy and put on one if you develop respiratory symptoms.
- Do not share towels or personal items.
- Observe food hygiene
 - Five keys to food safety:
 - Choose safe raw materials
 - Keep hands and utensils clean
 - Separate raw and cooked food
 - Cook thoroughly
 - Keep food at safe temperature
 - Use serving chopsticks and spoons at meal times. Do not share lunch boxes or drinks.
- Avoid touching poultry, birds, animals or their droppings.
- Avoid visiting wet markets, live poultry markets or farms.
- Maintain healthy lifestyle practices throughout the trip; do not smoke and avoid alcohol consumption.
- Watch out for changes in health condition during the trip. If you develop symptoms of an infection such as fever, respiratory or bowel symptoms during the trip, wear a surgical mask, inform the hotel staff or tour leader / tour guide and seek medical advice at once.

After returning home

- Travellers who develop infectious disease symptoms up to 10 days after their return from affected areas should put on a surgical mask, seek medical advice and inform the doctor of any recent travel history.

For more information, please visit

- Travel Health Service website at <https://www.travelhealth.gov.hk/eindex.html>
- Centre for Health Protection thematic website at <https://www.chp.gov.hk/en/features/24244.html>

Centre for Health Protection

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