

Prevention of Avian Flu - Health tips for travellers

Outbreaks of Avian Flu in poultry or humans have been reported in some areas of the world.

Travellers going to countries with confirmed Avian Flu cases please note the following health tips:

✧ **Before departure:** if running a temperature or having a sore throat, cough, generalised muscle pain, or feeling unwell, you are advised not to travel and to postpone your trip until recovery.

✧ **While overseas:**

- If feeling unwell, such as fever or cough, you should put on a mask and inform hotel staff or your tour leader, and seek for medical attention immediately.
- You should avoid touching any birds and poultry or their droppings. Do not visit farms or parks with wild birds. Refrain from feeding pigeons in public open areas.
- You should immediately wash your hands with soap if in contact with birds or poultry.
- Observe food hygiene. Poultry and eggs should be thoroughly cooked before eating.

✧ **After returning home:** if you fall sick, you should put on a mask, seek medical attention immediately, and inform recent travel history.

Travellers arriving from affected countries: If you fall sick, you should put on a mask, seek medical attention immediately, and inform recent travel history.

At all times: Observe good personal and environmental hygiene. Keep hands clean, wash hands frequently with liquid soap, especially before eating and touching nose, mouth and eyes. Cover your mouth and nose with tissue paper when coughing or sneezing. Dispose the soiled tissues properly (into a bin with lid), then wash hands thoroughly.

If you wish to obtain more information, please call the 24-hour pre-recorded health education hotline: 2833 0111, or visit the website of the Centre for Health Protection:

<http://www.chp.gov.hk>

Department of Health, Hong Kong SAR

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