

## THE HONG KONG INSTITUTE OF EDUCATION

### Health Advice for Travellers Planning to Visit Avian Influenza Affected Areas

Staff and students are strongly advised to watch out for the latest developments of avian influenza when planning travel and avoid all non-essential travel to any affected areas. If travelling to such places is unavoidable, you should consider taking the following precautionary measures:

#### **Before the trip**

- Visit the following websites for the most updated information of the affected areas:
  - ✧ Centre for Health Protection (CHP) (Hong Kong): <http://www.chp.gov.hk>
  - ✧ World Health Organization (WHO): <http://www.who.int>
  - ✧ Centers for Disease Control and Prevention (CDC) (United States): <http://www.cdc.gov>
- Take out comprehensive medical and travel insurance during the trip. The insurance policy should include coverage for expenses relating to sickness, injury, medical evacuation, accidental death and repatriation.
- Seek medical advice from the Health Centre or your physician before travelling, especially those with medical conditions.
- Prepare adequate face masks and alcohol-based hand cleaners.
- If possible, inform your department/faculty of your destination and the returning date.
- Consider postponing your trip if you feel unwell, particularly with fever or respiratory symptoms.

#### **During the trip**

- Avoid any contact with birds and poultry, and avoid visiting bird parks, farms and wet market with live poultry. Do not feed pigeons or other birds.
- If you have been in contact with birds, poultry or their droppings, immediately wash your hands thoroughly with liquid soap and water.
- Observe food hygiene and eat only poultry and eggs that have been thoroughly cooked.
- Avoid any contact with sick people.
- Observe strict hand hygiene by washing hands frequently with soap and water, or apply alcohol-based hand cleaners. Avoid touching mouth, nose or eyes.

- Pay attention to the local announcements and check the aforesaid websites regularly for most updated information as far as possible.
- Pay close attention to your health condition. When fever or respiratory symptoms develop, wear a mask, notify the host university/school or tour leader. Seek medical advice promptly.
- Report to your department (for colleagues) or Student Affairs Office at 2948 6720 (for students) if you are diagnosed with avian influenza.
- If you are in a place where is declared as an infected area during the trip, you are strongly advised to leave and return to Hong Kong as soon as possible.

#### **After returning**

- Pay close attention to your health condition. If you develop flu-like symptoms after returning, put on a mask and seek medical advice immediately, and let your doctor know your travel history;
- If you are diagnosed with avian influenza, take more rest and refrain from attending work/school.

#### **ENQUIRY**

The Institute will closely monitor the development of avian flu and keep you updated from time to time. Please visit the Communicable Disease Corner via MyIEd (<https://intranet.ied.edu.hk/CommunicableDisease/>) for details. For any questions or further information, kindly contact Estates Office at 2948 6269 or via email at [safety@ied.edu.hk](mailto:safety@ied.edu.hk).

Communicable Disease Prevention Subcommittee

給準備到訪受甲型禽流感感染地區人士之健康建議

計劃外遊前，建議教職員及學生留意最新的甲型禽流感發展，如非必要，盡可能避免到訪受感染地區，倘若必須前往，請採取以下預防措施：

**出發前**

- 瀏覽以下網站以獲取有關受感染地區的最新資訊：
  - ✧ 香港衛生防護中心 (CHP): <http://www.chp.gov.hk>
  - ✧ 世界衛生組織 (WHO): <http://www.who.int>
  - ✧ 美國疾病控制與預防中心(CDC): <http://www.cdc.gov>
- 應為旅程購買全面的醫療及旅遊保險，保單應包括有關病疾、受傷、醫療運送、意外死亡及遺體送返等開支保障；
- 出發前應先諮詢保健中心或家庭醫生，特別是長期病患者；
- 預備足夠口罩及酒精搓手液；
- 可行情況下，通知所屬部門/學系你將會前往的目的地及回程日期；
- 如身體感到不適，特別是出現發燒或呼吸道感染症狀，應考慮將行程延期。

**旅途中**

- 避免接觸任何雀鳥及家禽，以及避免前往雀鳥公園、農場及售賣活家禽的市場，切勿餵飼鴿子或其他雀鳥；
- 如接觸雀鳥、家禽或其糞便，應馬上以皂液及清水將雙手徹底清潔；
- 注意食物衛生，只食用徹底煮熟的家禽及蛋類；
- 避免接觸任何患病人士；
- 注意雙手衛生，經常以皂液及清水洗手，或以酒精搓手液清潔雙手，以及避免觸摸口、鼻及眼。
- 留意當地政府公佈，以及盡可能定期瀏覽上述網頁，以掌握最新疫情資訊；

- 注意個人健康狀況，如出現發燒或呼吸道感染症狀，應戴上口罩，通知接待大學/學校或領隊，以及盡快求醫；
- 如確診患上甲型禽流感，教職員請通知所屬部門，學生請致電29486720通知學生事務處；
- 倘若旅途中身處地區突然宣佈成為疫區，建議盡快離開及返港。

### 回程後

- 注意個人健康狀況，如出現感冒症狀，應戴上口罩及盡快求醫，並將外遊記錄告知醫生；
- 如確診患上甲型禽流感，應多作休息，避免返工或返學。

### 查詢

校方會密切注意甲型禽流感的發展，並不時向大家通報。詳情請登入 MyIED 內的 Communicable Disease Corner (<https://intranet.ied.edu.hk/CommunicableDisease>)，如有任何查詢，請致電 2948 6269 或電郵至 [safety@ied.edu.hk](mailto:safety@ied.edu.hk) 與物業處聯絡。

傳染病預防小組委員會