

THE HONG KONG INSTITUTE OF EDUCATION
Human Swine (H1N1) Influenza Guidelines
Advice for Travellers Planning to Visit Swine Influenza Affected Areas

The World Health Organization has declared the recent human swine (H1N1) influenza situation a public health emergency of international concern. Confirmed human cases of swine influenza A/H1N1 have been reported in some areas 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. The symptoms of swine influenza include fever, lethargy, lack of appetite and coughing. Some may present with runny nose, sore throat, nausea, vomiting and diarrhoea.

ADVICE FOR TRAVELLERS

Strict adherence to personal and environmental hygiene is essential for prevention of swine influenza. Travellers should watch out for the latest developments in swine influenza in planning travel, and consider postponing trips to affected areas. The Institute has strongly advised all staff and students to avoid all non-essential travel to human swine-flu affected areas. If travel to such places is unavoidable, the traveller should take the following precautionary measures: -

Prepare the trip

- Visit the Centre for Health Protection (CHP) webpage at http://www.chp.gov.hk/view_content.asp?lang=en&info_id=16615 for the most updated information of affected areas;
- If possible, inform your department/faculty of your destination and the returning date; and
- Prepare adequate face masks and alcohol-based hand cleaners.

During the trip

- Put on a mask during the trip;

- Avoid contact with sick people;
- Avoid touching eyes, nose or mouth;
- Wash hands frequently with soap and water, or apply alcohol-based hand cleaners;
- When symptoms of respiratory tract infection and fever develop, seek medical advice promptly.

After returning

- After returning from an affected area, wear a surgical mask for 7 days and pay close attention to your health.
- When symptoms of respiratory tract infection and fever develop, seek medical advice promptly.

ENQUIRY

The Institute will closely monitor the development of swine flu and keep you updated from time to time. Please access the HKIEd Intranet “Hot Links: Communicable Disease Corner”

(<https://intranet.ied.edu.hk/CommunicableDisease/>). For further information, queries or report, please contact Estates Office at 2948 6269 or via email at safety@ied.edu.hk.

Communicable Disease Prevention Subcommittee and Estates Office

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(Source : *Advice for Travellers Planning to Visit Swine Influenza Affected Areas* from Port Health Office)