General Guidelines for Travelling to Areas Affected by A/H1N1 flu (swine flu)

The Task Force for Influenza A/H1N1 would like to remind colleagues and students to observe the following travel guidelines for minimising the related health risks.

1. When planning for a trip:
   1.1 Obtain latest information about your destinations. Please check the latest outbreak news at the following websites and make appropriate assessment:
   - [http://www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) (Centers for Disease Control and Prevention, USA)
   1.2 Follow the local public health guidelines, including any travel restrictions and the latest pandemic warning.
   1.3 Assemble a travel health kit including facemasks, alcohol wipes/gel for disinfection and a thermometer.
   1.4 Arrange adequate medical insurance coverage for the entire duration of the trip.

2. Before departure:
   2.1 Update the latest situation at the destinations and consider cancelling the trip if warranted.
   2.2 Establish communication with trip organiser / department or family members.
   2.3 If suffering from flu-like symptoms such as fever, cough, sore-throat or body aches just before the trip, you should consider postponing the travel after recovery.

3. While at destinations
   3.1 Maintain good personal hygiene and wash hands regularly.
   3.2 Avoid visiting places where environmental hygiene is poor.
   3.3 Keep up with the latest development and if the situation worsens, you should prepare for leaving.
   3.4 Maintain regular contact with your trip organiser / department or family members.
   3.5 If you develop flu-like symptoms such as fever, cough or sore-throat, you should:
      - Wear facemask;
      - Seek medical attention immediately;
      - Avoid further travelling.

4. After returning
   4.1 After returning from the trip, you should pay close attention to your health and avoid crowded places for at least 7 days.
   4.2 If feeling unwell with flu-like symptoms such as fever, cough, sore-throat or body aches after the trip, you should:
      - Wear facemask and seek medical attention immediately;
      - Let the doctor know your recent travel history;
      - Follow doctor’s advice and may require quarantine if necessary;
      - Inform your department / office.

For further assistance, please contact Environmental Health & Safety Unit on ext. 7997 or email: ehsu@hkbu.edu.hk.

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