

Prevent pneumonia and respiratory tract infection

Travel advice

The public should take heed of the preventive measures below when travelling outside Hong Kong:

- Avoid touching animals, poultry/birds or their droppings;
- Avoid visiting wet markets, live poultry markets or farms;
- Avoid making close contact with patients, especially those with symptoms of acute respiratory infections;
- Adhere to food safety and hygiene rules such as avoiding consuming raw or undercooked animal products, including milk, eggs and meat, or foods which may be contaminated by animal secretions, excretions (such as urine) or contaminated products, unless they have been properly cooked, washed or peeled;
- If feeling unwell when outside Hong Kong, especially if having a fever or cough, wear a surgical mask, inform the hotel staff or tour escort and seek medical advice at once; and
- After returning to Hong Kong, consult a doctor promptly if having a fever or other symptoms, inform the doctor of recent travel history and wear a surgical mask to help prevent spread of the disease.

Health advice

To prevent pneumonia and respiratory tract infection, members of the public should maintain good personal and environmental hygiene. They are advised to:

- Perform hand hygiene frequently, especially before touching the mouth, nose or eyes; 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 a disposable paper towel or hand dryer. 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;
- Cover your mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly; and
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.

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