

## Health advisory for travelling

With the start of the peak season for travelling, the Ministry of Health would like to advise travellers to any country to be vigilant and to adopt the following precautions where relevant:

- Consult your doctor for travel health advice regarding vaccinations required or recommended prior to travel;
- Observe good personal hygiene at all times;
- Practise frequent hand washing with soap (e.g. before handling food or eating, after going to the toilet, or when hands are dirtied by respiratory secretion after coughing or sneezing);
- Avoid close contact with people who are unwell or have symptoms of infectious diseases;
- Cover your mouth with a tissue paper when coughing or sneezing, and dispose the soiled tissue paper in the rubbish bin;
- Seek medical attention promptly if feeling unwell, and wear a mask if having respiratory symptoms such as cough or running nose;
- Avoid consuming raw or under cooked food, milk/milk products, and food prepared in unhygienic conditions;
- Drink water that has been boiled or from sealed bottles;
- Use insect repellent or wear long sleeved clothes and long pants when participating in outdoor activities;
- Sleep in air-conditioned or insect-screened room or under an insecticide-treated bed net; and
- Avoid touching animals especially wild animals.

As global disease situations remain dynamic, please refer to the United States Centers for Disease Control and Prevention (USCDC) website: <https://wwwnc.cdc.gov/travel/notices> .