

Travel Health Advice



UNIVERSITY HEALTH SERVICE
15 MAY 2019

Do you know that?



- about 4 out of 5 travellers did not seek travel health information before departure.
- less than 10% had received travel health advice or purchased standby medications.
- 7% to 41% of the local residents reported experiencing travel related health problems during or after travel.
- about 60% of the reported illnesses were related to gastro-intestinal problems: diarrhoea, abdominal pain or vomiting.
- only 1 out of 10 travellers having fallen sick during their journeys sought medical treatment.

(source from: Travel Health Service, DH)

General Rules for Healthy Travel



To identify and minimise the effects of risks

Factors may reduce resistance to disease:

- Crowding
- Long hours of waiting
- Disruption of eating habits
- Changes in climate
- Time zone

BEFORE THE TRIP

You should know your destination well!



Website:

1. Centre of Disease Control and Prevention (CDC)
<http://wwwnc.cdc.gov/travel/destinations/list.htm>
2. Travel Health Centre, Department of Health, Hong Kong
<http://www.travelhealth.gov.hk/eindex.html>
3. Committee of Health Promotion and Protection (CHPP), CUHK
http://www.cuhk.edu.hk/health_promote_protect/guidelines_for_travel.html

BEFORE THE TRIP

You should know your destination well!

Travel Health Service

- Hong Kong Travel Health Service, Department of Health

Travel Health Centre (Hong Kong), Department of Health

Address: Room 26, 18/F Wu Chung House, 213 Queen's Road East, Wan Chai (Nearest MTR: Wan Chai Station)

 [Location Map](#)

 [Link to Geoinfo Map](#)



Travel Health Centre (Kowloon), Department of Health

Address: 1/F Cheung Sha Wan Government Offices, 303 Cheung Sha Wan Road, Sham Shui Po (Nearest MTR: Sham Shui Po Station)

 [Location Map](#)

 [Link to Geoinfo Map](#)



Travel Health Service

- University Health Service, CUHK
- Make an appointment in advance (3943 6428)



Example: China



Recommendations or Requirements for Vaccine-Preventable Diseases



<http://wwwnc.cdc.gov/travel/destinations/traveler/none/china>



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™



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Health Information for Travelers to China Traveler View



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Clinician View



Vaccines and Medicines

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Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

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All travelers



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Clinician View

Vaccines and Medicines

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Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.

Find Out Why

Protect Yourself

All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

[Measles](#)

- Infants (6 through 11 months old): 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as the first dose in the routine childhood vaccination series.
- People 12 months old or older, with no [evidence of immunity](#) or no written documentation of any doses: 2 doses of MMR vaccine before travel. The 2 doses must be given 28 days apart.
- People 12 months old or older who have written documentation of 1 dose and no other evidence of immunity: 1 additional dose before travel, at least 28 days after the previous dose.



[Routine vaccines](#)

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

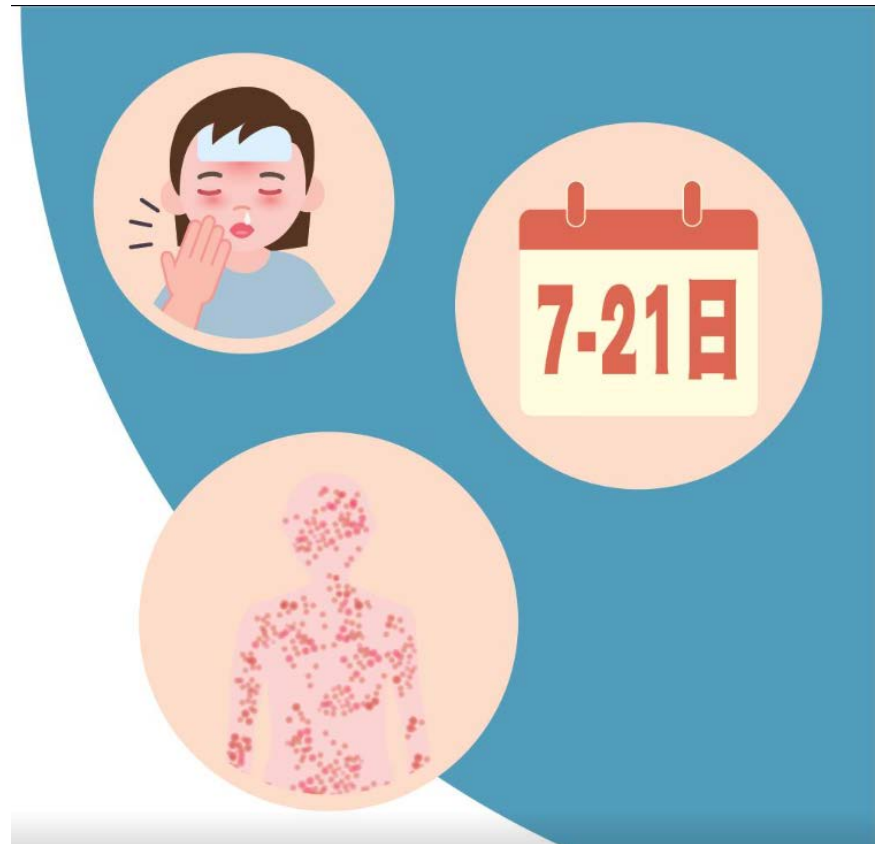


Most travelers

Measles



- Measles is a **highly contagious disease** caused by a virus that is spread through the **air** by breathing, coughing, or sneezing. Symptoms of measles are rash, high fever, cough, runny nose, and red, watery eyes.
- The incubation period usually ranges from 7-18 days, but can be up to 21 days



What can travelers do to prevent measles?

- Make sure you are fully vaccinated or otherwise protected against measles
- Adolescents and adults who have not had measles or have not been vaccinated should get 2 doses, separated by at least 28 days.
- Two doses of MMR (measles, mumps, and rubella) vaccine are nearly 100% effective at preventing measles. (HK born in 1985 or after)



What is hepatitis A?



- Hepatitis A is a liver disease spread by **contaminated food and water**. It can also be spread from the hands of a person with hepatitis A. It is rarely spread through sexual contact.
- Symptoms include a sudden onset of fever, tiredness, loss of appetite, nausea, vomiting, stomach pain, and jaundice (yellowing of the skin and eyes). Some people have no symptoms, while others have symptoms that last 1-6 months. Most people recover with no lasting liver damage.
- People who are traveling to or working in countries where they would have a high or intermediate risk of hepatitis A virus, **should strongly consider the Hepatitis A vaccine**. These areas include all parts of the world except Canada, western Europe and Scandinavia, Japan, New Zealand, and Australia.
- The hepatitis A vaccine is given in **2 doses, 6 months apart**. The vaccine is nearly 100% effective and has been a routine childhood vaccine in the United States since 2005.

What is typhoid fever?



- Typhoid fever is a serious disease spread by **contaminated food and water**.
- Symptoms of typhoid include lasting high fevers, weakness, stomach pains, headache, and loss of appetite. Some patients have constipation, and some have a rash. Internal bleeding and death can occur but are rare.
- Travelers to Asia, Africa, and Latin America are especially at risk, and the highest risk for typhoid is in **south Asia**
- Typhoid vaccine is **only 50%-80% effective**, so you should still be **careful about what you eat and drink**.

Eat safe foods



Eat

- Food that is cooked and served hot
- Hard-cooked eggs
- Fruits and vegetables you have washed in clean water or peeled yourself
- Pasteurized dairy products

Don't eat

- Food served at room temperature
- Food from street vendors
- Raw or soft-cooked (runny) eggs
- Raw or undercooked (rare) meat or fish
- Unwashed or unpeeled raw fruits and vegetables
- Peelings from fruit or vegetables
- Condiments (such as salsa) made with fresh ingredients
- Salads
- Unpasteurized dairy products
- "Bushmeat" (monkeys, bats, or other wild game)

Drink safe beverages



Drink

- Bottled water that is sealed (carbonated is safer)
- Water that has been [disinfected](#) (boiled, filtered, treated)
- Ice made with bottled or disinfected water
- Carbonated drinks
- Hot coffee or tea
- Pasteurized milk

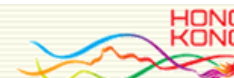
Don't drink

- Tap or well water
- Ice made with tap or well water
- Drinks made with tap or well water (such as reconstituted juice)
- Flavored ice and popsicles
- Unpasteurized milk

Practice hygiene and cleanliness



- Wash your hands often.
- If soap and water aren't available, clean your hands with hand sanitizer (containing at least 60% alcohol).
- Don't touch your eyes, nose, or mouth. If you need to touch your face, make sure your hands are clean.
- Try to avoid close contact, such as kissing, hugging, or sharing eating utensils or cups with people who are sick.



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Destination Travel Health News Archives

Mainland China

2019

2 April 2019 to 8 April 2019 [Mainland China: Avian Influenza \[Update\]](#)

26 March 2019 to 1 April 2019 [Mainland China: Avian influenza \[Update\]](#)

2018

Current Travel Health News [Mainland China: Avian influenza \[Update\]](#)

18 December 2018 to 24 December 2018 [Mainland China: Dengue Fever \[Update\]](#)

27 November 2018 to 3 December 2018 [Mainland China: Dengue Fever \[Update\]](#)

20 November 2018 to 26 November 2018 [Mainland China: Dengue Fever \[Update\]](#)
[Mainland China: Avian influenza \[Update\]](#)

06 November 2018 to 12 November 2018 [China: Avian Influenza \[Update\]](#)

9 October 2018 to 15 October 2018 [Mainland China: Dengue Fever](#)

18 September 2018 to 1 October 2018 [China: Avian Influenza \[Update\]](#)

14 August 2018 to 20 August 2018 [China: Avian Influenza virus](#)
[China: Anthrax \[Update\]](#)

7 August 2018 to 13 August 2018 [China: Anthrax](#)
[China: Anthrax](#)

31 July 2018 to 6 August 2018 [China: Avian Influenza virus](#)

Don't Forget the following items!



- Surgical Masks 外科口罩
- Thermometer 體溫量度計
- Sunscreen (at least SPF 15)
- Insect repellent
- Alcohol handrub 酒精免沖搓手液 (< 100 c.c)
- Wet tissue 濕紙巾 (含酒精成分)
- Document of travel insurance 旅遊保險文件

Travel Medical pack

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- Panadol 必理痛
 - For headache, muscle pains or fever
- Gelusil 胃適樂
 - For stomachache
- Piriton 百利通
 - Symptomatic relief of cold
 - For allergy symptoms such as skin rashes or runny nose
- Imodium 速治靈
 - For diarrhoea
- Avomine
 - For nausea or motion sickness
- Band Aid 小膠布
- First Aid Kit
 - For wound dressing

Before the trip, please be reminded to:



- Observe the preventive measures on CHPP's [For Travellers](#) webpage when planning for overseas travel
- Visit the HKSAR Government's Centre for Health Protection website (<http://www.chp.gov.hk/>) for latest avian influenza updates and pay attention to the travel notice and health recommendations over the cities that you are travelling to
- If Black Outbound Travel Alert has been issued from the HKSAR Government, the organizing unit should cancel the activities.

After the trip



- Closely monitor health condition after returning from an affected area.
- If fever and upper respiratory symptoms develop, put on a mask and seek medical attention promptly. Tell your doctor about your travel history.

Health Recommendations for Organizing Summer Activities (by CHPP, CUHK)



Organizing units should report to:

- The University Health Service (Ms. Tiffany Chan, Nursing Officer, phone: 3943-6436; email: tiffanychan@cuhk.edu.hk)
- or Committee on Health Promotion and Protection (email: chpp@cuhk.edu.hk) if any suspected case or emergency medical situation occurs

Emergency Hotlines



- 112
 - free of charge from any telephone or any mobile phone in order to reach emergency services
- (852)1868
 - **HKSAR Immigration Department**
 - 24-hour hotline of the Assistance to Hong Kong Residents Unit



香港紅十字會
HONG KONG RED CROSS

中國紅十字會分會 Branch of the Red Cross Society of China

維護尊嚴



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Source from HKRC:

http://www.redcross.org.hk/tc/disasterrelief_prepared/useful_resources/disaster_knowledge.html



Thank you!