

Guidelines for Visitors or Returned Travellers Coming to the University of Hong Kong (Updated May 29, 2009)

To prevent the spread of Influenza A (H1N1) (Human Swine Flu)/Avian Flu/Pandemic Flu, we should be vigilant in the following measures:

Before you travel to Hong Kong:

1. Check the most updated information related to Influenza A (H1N1) (Human Swine Flu)/Avian Flu/Pandemic Flu and other infectious diseases in your own country and Hong Kong.
Details of any precautions which may be in force can be found at these websites:
 - o The World Health Organization (<http://www.who.int/en>)
 - o The Centre for Health Protection, Hong Kong SAR (<http://www.chp.gov.hk/>)
 - o Influenza A (H1N1) (Human Swine Flu)/Avian Flu/Pandemic Flu (<http://www.hku.hk/pandemicflu>)
 - o The website of the country of your departure
2. **DO NOT TRAVEL** and seek medical advice if you have any of the followings:
 - o Feeling unwell, having fever, having respiratory symptoms, diarrhea or vomiting.
 - o History of close contact with a suspected or confirmed Influenza A (H1N1) (Human Swine Flu)/Avian Flu patient within the past 7 days. Please postpone your visit, and notify your Department Head, Warden, or Host Organizer accordingly.
3. If you are not a Hong Kong citizen, you should include in your medical insurance the cover for hospital admission.
4. Bring a thermometer for your own use.

After arrival at the University of Hong Kong:

1. Observe the following environmental and personal hygiene measures:
 - o Keep hands clean. Wash hands before meals or handling food, after going to the toilet or before touching eyes, nose or mouth.
 - o Avoid touching eyes, nose or mouth.
 - o Cover nose and mouth with tissue paper when coughing or sneezing, and dispose them in covered dustbins.
 - o Do not share towels or personal items.
 - o Use serving spoons or chopsticks.
 - o Have masks at hand. Put on one when you or people around you have symptoms of respiratory infection and/or fever.
2. If feeling unwell, especially with fever:
 - o Wear a mask.
 - o Do **NOT** come to work or attend lecture/class/meeting.
 - o Consult the doctor promptly. You may attend medical consultation at the University Health Service. (A charge is required for visitors.)
 - o Rest in your own room.

3. If you **are from areas affected with Influenza A (H1N1) (Human Swine Flu)/Avian Flu/Pandemic Flu in the past 7 days**
 - o Wear a **mask** and **take temperature for 7 days.**
 - o If fever or respiratory illness develops:
 - Do **NOT** attend lectures/class/meeting/go to work.
 - Put a **surgical mask** on.
 - **Inform** University Health Service at 2859-1999 or e-mail to uhealth@hkusua.hku.hk.
 - **Inform CHP** by ringing Hotline: 2125-1111 (24 hours).
 - **Inform** Department and Warden.
 - Appropriate arrangement would be made accordingly.

4. IF you **have history of close contact** with a suspected or confirmed Influenza A (H1N1) (Human Swine Flu)/Avian Flu/Pandemic Flu patient within the past 7 days:
 - Do **NOT** attend lectures/class/meeting/go to work.
 - Put a **surgical mask** on.
 - **Inform** University Health Service at 2859-1999 or e-mail to uhealth@hkusua.hku.hk.
 - **Inform CHP** by ringing Hotline: 2125-1111 (24 hours).
 - **Inform** Department and Warden.
 - Appropriate arrangement would be made accordingly.

5. Maintain good body resistance by having adequate sleep and rest.

6. Influenza A (H1N1) (Human Swine Flu) Self Screening Form is available.

Dr. Kitty Chan
Convenor
HKU Task Force on Pandemic Influenza