

# Health Tips for Travellers



## Travel Essentials

- ▶ Before travelling abroad, please visit the Hong Kong Travel Health Service website ([https://www.travelhealth.gov.hk/tc\\_chi/index.html](https://www.travelhealth.gov.hk/tc_chi/index.html)) to obtain the latest information including epidemic situation, health advice, and vaccination recommendations
- ▶ Have tissue paper, 70 to 80% alcohol-based handrub, and masks handy
- ▶ If travelling to areas affected by dengue fever, bring DEET<sup>1</sup>-containing insect repellent with you
- ▶ For any medical concerns, consult your family doctor before departure



## Observe Good Food Hygiene

- ▶ Patronise only reliable and licensed restaurants
- ▶ Ensure food is thoroughly cooked before eating
- ▶ Avoid eating raw or partially cooked seafood
- ▶ Drink boiled water
- ▶ Always wash hands before eating and after going to the toilet



## Prevention of Viral Gastroenteritis

- ▶ Always keep your hands clean<sup>2</sup>
- ▶ Wear gloves and a surgical mask while disposing of or handling vomitus and faeces, and wash hands thoroughly afterwards
- ▶ Avoid places contaminated by vomitus or crowded places

## Prevention of Mosquito-borne Diseases

- ▶ Wear loose, light-coloured, long-sleeved tops and trousers
- ▶ Rest in air-conditioned or well-screened rooms
- ▶ Use DEET<sup>1</sup>-containing insect repellent on exposed parts of the body and clothing



## Avoid Contact with Animals or Birds

- ▶ Avoid visiting wet markets, live poultry markets, or farms
- ▶ Always keep your hands clean
- ▶ Eggs and poultry can be eaten only if thoroughly cooked
- ▶ If bitten by an animal while abroad, seek medical attention immediately and receive appropriate vaccinations



## After Returning to Hong Kong:

- ▶ If you feel unwell, such as having a fever, rash, or respiratory symptoms, wear a surgical mask and seek medical attention as soon as possible
- ▶ During medical consultation, inform doctor of recent travel history, including transit



## Building Up Good Body Immunity

- ▶ Build up good body immunity by having a balanced diet, regular exercise, adequate rest, reducing stress, do not smoke and avoid alcohol consumption

<sup>1</sup> Apart from DEET, insect repellents with other active ingredients, eg. IR3535, Icaridin (also known as Picaridin), etc. are also available in the market. When using any insect repellent, members of the public are advised to follow the label instructions and precautions

<sup>2</sup> As alcohol does not effectively kill norovirus, alcohol-based handrub should not substitute hand hygiene with liquid soap and water



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Centre for Health Protection



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[www.chp.gov.hk](http://www.chp.gov.hk)



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## Health Education Materials



中文



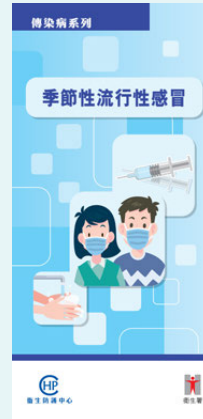
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