

## Health Advice for Prevention of Contagious Diseases

### **1. Background Information**

In order to safeguard the health and safety of staff and guests of the Park, staff should follow the health advices provided for minimizing the risk of contracting contagious diseases. Examples of contagious diseases include avian flu, seasonal flu, measles and Middle East Respiratory Syndrome, etc.

### **2. Health Advice for Disease Prevention**

- 2.1 The best protection is your own strong immune system. Maintain good health with proper nutrition, sufficient exercise, plenty of rest, reduce stress and avoid smoking.
- 2.2 Maintain good personal hygiene at all times, wash hands with liquid soap and water for at least 20 seconds, especially before eating, touching the mouth, nose, or eyes, and after touching public installations, e.g. handrail and door knobs, and sneezing, coughing or cleaning the nose. When hands are not visibly soiled, clean them with 70 to 80% alcohol-based handrub as an effective alternative.
- 2.3 Use tissue paper to cover mouth and nose when sneezing or coughing. Dispose the soiled tissue papers properly, then wash hands thoroughly.
- 2.4 Maintain good ventilation and cleanliness in workplace.
- 2.5 Clean props, furniture, tools and equipment with disinfectant frequently.
- 2.6 Put on surgical mask and gloves to reduce chance of acquiring or passing on viruses when handling sick guests, aviary work, animal excretions or food preparation.
- 2.7 Avoid touching patients or any objects contaminated by their nasal or throat secretions, wild animals, poultry/birds, feathers, eggs, animal excretions or anything contaminated by their excretions. If such contact is made, wash hands thoroughly with soap and water.

### **3. Advice for Handling Bird and Poultry**

- 3.1 Thoroughly cook eggs and poultry.
- 3.2 Inform General Services Department if there is any area contaminated by bird excretions. General Services staff will disinfect that areas contaminated by bird excretions.

- 3.3 Staff who discovers a bird carcass or a suspected ill bird within the Park's boundary shall immediately inform Central Control Room 3923 2515, and shall not handle the carcass or the bird.
- 3.4 The suspected ill bird or bird carcass would be handled by designated personnel with accordance with "Safety Guidelines of Reporting and Handling Suspected Ill Bird or Bird Carcass".
- 3.5 Staff in particular Departments, e.g. Terrestrial Life Science, Veterinary, Clinical Laboratory, General Services, First Aid, Food & Beverage and Logistic Support & Product Control, should strictly follow the health and hygiene guidelines of respective Department.
- 3.6 Persons exposed to infected birds or their cages under suspicion should be under close health monitoring by reporting to their supervisors.
- 3.7 Bird handlers and General Services staff working in bird areas should immediate report any relevant health problems, e.g. eye infections, respiratory or flu-like illnesses, to supervisors.

#### **4. General Advices**

- 4.1 Consider receiving vaccination against influenza and make appointment with the Park's clinic through Human Resources Division. Vaccination is available to all long term Park's employees free of charge.
- 4.2 Consult First Aid Department if you feel discomfort.
- 4.3 If develop measles, fever or flu-like symptoms, wear facemask and seek medical consultation immediately. If confirmed measles, flu or other contagious diseases, stay at home to take rest, wear facemask and avoid going to crowded public or poor ventilation places. Report duty when you are fully recovered.
- 4.4 Guest enquiries regarding contagious diseases shall be directed to Guest Relations Department. Media enquiries will be directed to Public Affairs Department.
- 4.5 Staff has any concerns and enquiries, please contact your supervisor, Department Head, or Human Resources Division.
- 4.6 Avoid traveling to the regions with disease outbreaks.

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*Prepared by Risk & Environmental Management Department*