

### Travel advice

You should take heed of the health advice below when travelling outside Hong Kong:

- Do not travel to Hubei Province (China), Daegu & Gyeongsangbuk-do (Korea), Italy and Iran where community transmission of novel coronavirus is occurring. If it is unavoidable to travel to those locations, put on a surgical mask and continue to do so until 14 days after returning to Hong Kong, and self-isolate for 14 days as far as possible. For staff member returning from other parts of the Mainland, you are advised to stay home for 14 days upon their return as far as possible. Those who need to go out should wear a surgical mask;
- Avoid close contact with persons with fever or respiratory symptoms in countries/areas with possible community transmission of novel coronavirus infection. If it is unavoidable to come into contact with them, put on a surgical mask and continue to do so until 14 days after returning to Hong Kong;
- Avoid visiting hospitals. If it is necessary to visit a hospital, put on a surgical mask and observe strict personal and hand hygiene;
- Avoid touching animals (including game), poultry/birds or their droppings;
- Avoid visiting wet markets, live poultry markets or farms;
- Avoid making close contact with patients, especially those with symptoms of acute respiratory infections;
- Do not consume game meat and do not patronise food premises where game meat is served;
- Adhere to food safety and hygiene rules such as avoiding consuming raw or undercooked animal products, including milk, eggs and meat, or foods which may be contaminated by animal secretions, excretions (such as urine) or contaminated products, unless they have been properly cooked, washed or peeled;
- If feeling unwell when outside Hong Kong, especially if having a fever or cough, wear a surgical mask, inform the hotel staff or tour escort and seek medical advice at once; and

- After returning to Hong Kong, consult a doctor promptly if having a fever or other symptoms, take the initiative to inform the doctor of any recent travel history and any exposure to animals, and wear a surgical mask to help prevent spread of the disease.

各位同事:

有鑒於現時新型冠狀病毒疫情情況，現附上由衛生防護中心更新的外遊預防措施。同事如離開香港外遊時，敬請注意以下預防措施。

### 外遊預防措施

你在外遊時應注意以下預防措施：

- 切勿前往出現新型冠狀病毒社區傳播的湖北省 (中國), 大邱及慶尚北道 (韓國), 意大利及伊朗。如果不可避免前往該等地區，應戴上外科口罩，並繼續佩戴直至回港後 14 天，並盡量自我隔離 14 天；其他從內地回港的同事，返港 14 天內亦應盡量留在家中；如有需要外出，應佩戴口罩；
- 避免在可能出現新型冠狀病毒感染社區傳播的國家 / 地區與發燒或有呼吸道病徵的人士有密切接觸。如果不可避免與他們接觸，應戴上外科口罩，並繼續佩戴直至回港後 14 天；
- 避免到訪醫院。如有必要到訪醫院，應佩戴外科口罩及時刻注重個人和手部衛生；
- 避免接觸動物（包括野味）、禽鳥或其糞便；
- 避免到濕貨街市、活家禽市場或農場；
- 避免近距離接觸患者，特別是有急性呼吸道感染症狀的患者；
- 切勿進食野味及切勿光顧有提供野味的食肆；
- 注意食物安全和衛生，避免進食或飲用生或未熟透的動物產品，包括奶類、蛋類和肉類，或食用可能被動物分泌物、排泄物（例如尿液）或產品污染的食物，除非已經煮熟、洗淨或妥為去皮；

- 身處外地時，如身體不適，特別是有發燒或咳嗽，應戴上外科口罩，立即通知酒店職員或旅遊領隊，並盡快求診；及
- 從外地回港後，若出現發燒或其他病徵，應立即求診，主動告訴醫生最近曾到訪的地方及有否接觸動物；並佩戴外科口罩，以防傳染他人。

Issued by REM

6 Mar 2020

Reference Information shared by Ocean Park Hong Kong