

## **Guidelines for preventing avian flu in organizing student activities**

In view of the threat of avian flu around the world, CityU has set up an Ad-hoc Group on Prevention of Avian Flu advising University members of the information about avian flu and the precautionary measures to prevent and protect against any outbreak.

With regard to student activities, organizers and participants are strongly advised to observe the following guidelines when they plan and implement their activities.

### **Local Activities**

1. Venue and Environment
  - Maintain good indoor ventilation and allow plenty of fresh air into the indoor environment.
  - Carefully select the venue to allow plenty of space for the activity.
  - Control the number of participants of the activity, so as to avoid a crowded environment.
  - Avoid visiting crowded or poorly ventilated places for an outing activity
  - Keep the venue and environment clean. Do not litter or spit.
  - Avoid visiting poultry farm or contact with live birds/poultry and their droppings. Wash hands immediately after handling them.
2. Personal Hygiene
  - Keep hands clean, wash hand frequently with liquid soap before eating, touching nose, mouth and eyes, or after going to toilet or touching public facilities.
  - Cover your mouth and nose with tissue paper when coughing or sneezing. Dispose the soiled tissues properly (into a bin with lid), then wash hands thoroughly.
  - Do not share food and drinks. Use serving spoons and chopsticks. Store and cover food and drinks properly.
  - Not to join the activity when feeling unwell or having fever or respiratory symptom. Consult a doctor promptly.

For more information, please visit the following websites:

[Campus Prevention of Avian Flu \(CityU\)](http://www6.cityu.edu.hk/puo/newscentre/special_issue/Avian_Flu/flu_main.htm)

[\(www6.cityu.edu.hk/puo/newscentre/special\\_issue/Avian\\_Flu/flu\\_main.htm\)](http://www6.cityu.edu.hk/puo/newscentre/special_issue/Avian_Flu/flu_main.htm)

[Centre for Health Protection \(www.chp.gov.hk\)](http://www.chp.gov.hk)

[Department of Health \(www.dh.gov.hk\)](http://www.dh.gov.hk)

[The HKSAR Government website on Prevention of Avian Influenza](http://www.info.gov.hk/info/flu/eng/index.htm)

[\(www.info.gov.hk/info/flu/eng/index.htm\)](http://www.info.gov.hk/info/flu/eng/index.htm)

[World Health Organization \(www.who.int\)](http://www.who.int)

### **Non-local Activities**

The following guidelines are compiled with reference to the travel tips provided by CityU Ad-hoc Group on Prevention of Avian Flu.

1. Before leaving Hong Kong:
  - Check your destination to see whether any avian flu cases have been reported.
  - Not to go to cities experiencing outbreak of avian flu.
  - Consult your doctor and get vaccinated as appropriate before departure. Note that the influenza (flu) vaccination should be received two weeks before departure.

- Make sure you are fully aware of the facts about influenza and avian flu.
  - Prepare a travel health kit containing basic first-aid supplies, medication and surgical masks.
  - Check your health insurance plan or get additional cover for medical evacuation in the event of illness.
  - Participants feeling unwell, especially having fever and/or respiratory symptoms such as coughing, sneezing are advised not to travel and to postpone the trip until recovery.
  - Pay attention to the news of avian flu and government's announcement.
2. During the trip:
- Observe personal and food hygiene.
  - Avoid crowded and poorly ventilated public areas.
  - Avoid contact with live birds/poultry and their droppings. Do not bring any birds/poultry back to Hong Kong.
  - Poultry meat and eggs should be thoroughly cooked before eating.
  - Clean your hands often using soap and water or waterless alcohol-based hand sanitizers.
  - Wear a mask whenever necessary.
  - Consult a doctor when feeling unwell.
  - Follow the guidelines for local activities during the implementation of activities.
3. After returning home, consult a doctor if you have the following symptoms:
- Fever ( $>38^{\circ}\text{C}$ ), or
  - Feeling unwell, cough or sore throat, or
  - History of contact with a case of influenza, or
  - A recent (less than 1 week) visit to a poultry farm in an area known to have outbreaks of Highly Pathogenic Avian Influenza (HPAI), or
  - Worked in a laboratory where samples taken from persons or animals that are suspected to have HPAI infection are processed.

For more information, please visit the following websites:

Campus Prevention of Avian Flu (CityU)

([www6.cityu.edu.hk/puo/newscentre/special\\_issue/Avian\\_Flu/flu\\_main.htm](http://www6.cityu.edu.hk/puo/newscentre/special_issue/Avian_Flu/flu_main.htm))

Centre for Health Protection ([www.chp.gov.hk](http://www.chp.gov.hk))

Department of Health ([www.dh.gov.hk](http://www.dh.gov.hk))

Health Tips for Travelers ([www.info.gov.hk/info/flu/eng/files/healthtips.htm](http://www.info.gov.hk/info/flu/eng/files/healthtips.htm))

The HKSAR Government website on Prevention of Avian Influenza

([www.info.gov.hk/info/flu/eng/index.htm](http://www.info.gov.hk/info/flu/eng/index.htm))

Travel Health Advice ([www.travelhealth.gov.hk/eindex.html](http://www.travelhealth.gov.hk/eindex.html))

World Health Organization ([www.who.int](http://www.who.int))

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