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Avian flu: Chinese New Year travel advice

Travelling to China to celebrate the New Year?

2018 is the Chinese year of the Dog and officially starts on 16 February 2018. To help ensure a safe and healthy trip, if you are planning to celebrate in China check TravelHealthPro China Country Information page for current health advice.

You should make an appointment with your GP, practice nurse, pharmacist or travel clinic in plenty of time to check you are up to date for all appropriate travel vaccines and routinely recommended vaccines for the UK, like measles-mumps-rubella (MMR) vaccine.

Human cases of avian (bird) flu continue to be reported in mainland China. If visiting mainland China, Hong Kong or Taiwan, you should avoid exposure to wild birds and poultry. This includes staying away from live bird or animal markets and poultry farms, animal waste and untreated bird feathers. NaTHNaC and Public Health England have provided further guidance on how to protect yourself: Avian flu advice for travellers going to China.

If you develop a fever and cough within 10 days of visiting China, you should telephone your GP or NHS 111, specifying your symptoms and travel to China.
Resources

- Avian influenza: worldwide update
- China Country Information
- European Centre for Disease Prevention and Control: Avian influenza in humans
- Public Health England: avian influenza: guidance, data and analysis
- Public Health England Infographic on avian influenza in China
- World Health Organization: Influenza (Avian and other zoonotic) factsheet