

15 Jan 2019

Chinese New Year travel advice

Celebrating Chinese New Year abroad?

2019 is the Chinese year of the Pig and officially starts on 5 February 2019. Travellers planning to celebrate in China should check [TravelHealthPro China country pages](#) for current advice to help ensure they have a safe and healthy trip. Travellers visiting other countries to celebrate can find health advice for their specific destinations on our [country pages](#).

Travellers are also advised to arrange an appointment with their GP, Practice Nurse, Pharmacist or travel clinic to make sure they are in-date for all recommended travel and routine UK vaccines, including [measles, mumps and rubella \(MMR\)](#) jab.

Human cases of avian (bird) flu continue to be reported in China and visitors should avoid exposure to wild birds and poultry. This includes staying away from live bird or animal markets and poultry farms.



Public Health
England

Avian influenza in China

Prevention advice for travellers



Avoid visiting live bird and animal markets and poultry farms



Avoid contact with animal waste or untreated bird feathers



Do not eat or handle undercooked or raw poultry, egg or duck dishes



Do not pick up or touch dead or dying birds



Do not bring any poultry products back to the UK



Wash hands regularly with soap or use alcohol-based hand rubs

Resources

- [Food and water hygiene](#)
- [European Centre for Disease Prevention and Control: Avian influenza in humans](#)
- [Public Health England: Avian flu: advice for travellers over Chinese New Year](#)
- [World Health Organization: Influenza \(Avian and other zoonotic\) factsheet](#)