

Health Advice for Passengers Using Public Transport on the Prevention of Influenza

According to the advice from Department of Health, passengers using public transport are advised to take the following precautionary measures inside train/vehicle/ferry compartments to minimize the risk of contracting and spreading influenza:

During normal daily life

1. Keep carriages clean

- Do not bring any bird or live poultry.
- Do not spit.
- Do not litter. Put refuse into the rubbish bins provided at bus stops/railway platforms/concourses.
- Use a vomit bag to hold vomitus if you feel nauseous.

2. Maintain good personal hygiene

- Avoid touching your eyes, nose and mouth.
- Perform hand hygiene^{Note 1} when indicated, especially in the following situations:
 - before touching eyes, nose and mouth,
 - before handling food or eating;
 - after sneezing, coughing, cleaning the nose and going to toilet;
 - after handling dollar notes or coins; and
 - after touching public installations or equipment, such as escalator handrails, elevator control panels or door knobs.

3. Maintain cough etiquette

- Cover the nose and mouth when sneezing or coughing. Dispose sputum or secretions wrapped in tissue paper into rubbish bins with lids. Then perform hand hygiene^{Note 1}
- If you develop respiratory symptoms or fever, please consult a doctor promptly.

4. Wear a surgical mask

- Passengers using public transport are recommended to wear a surgical mask, if:
 - they have symptoms of respiratory infection or fever; or
 - they care for patients with respiratory infection or fever.

When novel influenza case has been reported locally

Additional measures to the above

1. Wear a surgical mask

- Passengers using public transport should wear a surgical mask, especially:
 - during peak hours of travel.
 - inside enclosed train/vehicle/vessel compartments

2. Ensure good ventilation inside vehicle/vessel compartments

- Keep windows open as appropriate and where possible^{Note 2}.

3. Call for assistance

- If you suspect that you have contracted influenza,
 - please call for ambulance service to the hospital;
 - if you are at a public transport station/pier, or inside a train/vehicle/vessel compartment, you may request assistance from the driver or operational staff of the public transport organization to call for ambulance service or the Marine Police to the hospital.

Note 1: Wash hands with soap and water when hands are visibly dirty or visible soiled with blood, body fluid after using the toilet or changing the diapers. When hands are not visibly soiled, could be cleaned them with 70-80% alcohol-based handrub.

Note 2: Not applicable to train.



April 2018