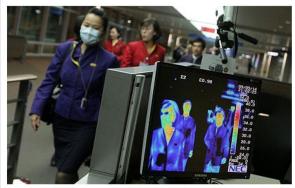
Swine flu: essential advice for travellers

From whether it is safe to travel by air to the measures being taken to combat the spread of the virus, we offer a travellers' guide to swine flu.

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Asian countries in particular are putting stricter safeguards in place, although more stringent measures are now being used in other areas Photo: Getty

SWINE FLU AND FLYING Q&A

Dr Richard Dawood, a specialist in travel medicine at the Fleet Street Clinic in London answers some frequently asked questions about swine

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Are my chances of contracting swine flu increased by travelling on planes?

All respiratory viruses do pose a risk to anyone travelling in confined spaces. If the air-conditioning system is working normally, you are only at risk in the same way that you would be on a train or a bus from the people sitting in close proximity to yourself. It is not risk free, but not high risk unless you are unfortunate enough to be seated next to someone who is unwell and is coughing and spluttering.

Swine flu and travel insurance: Q&A

Is there anything I can do outside of normal advice to minimise the risk when travelling by

Travellers do need to take extra care. Being extra aware of hand hygiene is the single most important thing that you can do. Hand gels are good. If you are handed anything like a sandwich for example, or you have been pushing a trolley that other people have handled, make sure you use an antibacterial hand

Should I wear a mask?

The problem is that people don't know how to use them properly. Their outer surfaces will get contaminated, so if you touch the outside, then touch your mouth, you will be undoing the good of wearing one. It might be a good idea to carry one and hand it to your neighbour if they are coughing and spluttering.

QUARANTINE AND SWINE FLU

Following the quarantine of British schoolchildren in Beijing, Jolyon Attwooll reports on the measures other countries are using to combat

China is not the only country to use medical screening and quarantine measures to combat the spread of swine flu. The Foreign Office has today confirmed that it is currently providing consular assistance to at least 60 British nationals in swine-flu quarantine in four countries.

Asian countries in particular are putting stricter safeguards in place, although more stringent measures are now being used in other areas. In Singapore, passengers were quarantined for a week after a swine flu case was discovered

In Egypt, the American University in Cairo put a student dormitory under quarantine last month, in response to concern that several American students might have contracted the H1N1 virus. Medical screening is still in place at many of the country's airports.

Other countries that have adopted a more stringent approach include Turkey, which has introduced thermal sensors to monitor the temperature of newly arrived passengers, while Libya has also used guarantine measures

A spokesman for the Foreign and Commonwealth Office emphasised that this is not a complete list of countries using quarantine to combat swine flu

Those travelling abroad are advised to check the travel advice pages specific to their destination for the latest information on anti-swine flu measures in place

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