

HOME > TRAVEL > TRAVEL NEWS

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.

Published: 11:59AM BST 21 Jul 2009



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 flu and air travel.

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 air?

Related Articles

- Are you insured for swine flu?
- Air passengers suspected of having swine flu may not be able to rebook
- Swine flu: holidaymakers face travel ban
- More on swine flu
- Travel news
- Telephone cheat sheet

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 gel.

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 the spread of swine flu.

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 on an incoming flight.

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 quarantine 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.

- Telephone cheat sheet: how to bypass recorded messages when you contact an airline or tour operator

T Email this article

Print this article

Share this article

- delicious
- Digg
- Facebook
- Fark
- Google
- Newsvine
- Reddit
- StumbleUpon
- Yahoo! Buzz
- Mixx
- Twitter

What are these?

Travel News

Travel

Swine Flu

Columnists

Family days out in the UK

Great London walks

Britain's wettest places

TRAVEL NEWS

- Transport News
- Cruise News
- Bizarre Travel News
- Air Passenger Duty
- Travel Advice



HOLIDAY DEALS

Authentic Spanish extravaganza

TRAVEL EDITOR'S CHOICE



India: Down the Ganges

Gill Charlton travels along India's sacred waterway by train, taxi and boat with a great guide.

The bicycle diaries: steak and solace in Tbilisi

Unusual museums

Are you insured for swine flu?

Sign language: week 57

TRAVEL MOST VIEWED

TODAY PAST WEEK PAST MONTH

SPONSORED FEATURES

Telegraph Luxury Holiday Offers
Save up to 40% on exclusive holiday deals to exotic destinations with Holidaysplease.

Exploring the World
Choose a cruise with Noble Caledonia - includes interactive map, films and special offers.

Asturias
From quad biking to cheese-making - there's a lot more to Spain than you imagined.

P&O CRUISES

Telegraph.co.uk

Radisson Blu
HOTELS THAT LOVE TO SAY YES!

PEPSICO INTERNATIONAL