



དཔལ་ལྷན་འབྲུག་གཞུང་། གསོ་བ་ལྷན་ཁག མི་མང་གསོ་བའི་ལས་ཁུངས།

ROYAL GOVERNMENT OF BHUTAN
MINISTRY OF HEALTH
DEPARTMENT OF PUBLIC HEALTH



7.DoPH/CDD/IHR/GenCor/2023-2025

16th August 2024

Travel Advisory

The World Health Organization (WHO) has declared the mpox outbreak in Africa a Public Health Emergency of International Concern (PHEIC). While this is primarily affecting African countries, it's important to be aware of the risks and take necessary precautions when traveling.

General Travel Advice

- Stay informed: Check the latest travel advisories from the Ministry of Health before and during your trip.
- Be aware of symptoms: Know the signs and symptoms of mpox (fever, rash, chills, body aches, and fatigue). If you develop symptoms, seek medical attention promptly.
- Plan wisely: If not necessary, avoid travelling to the countries affected with mpox.
- Practice good hygiene: Wash your hands frequently with soap and water or use alcohol-based hand sanitizer.
- Avoid close contact: Maintain a safe distance from people who are sick.
- Protect yourself: Consider wearing a mask in crowded areas, especially if you have respiratory symptoms.

Travel to Affected Regions

If you are planning to travel to Africa, especially to countries with reported mpox outbreaks, exercise extra caution:

- Avoid contact with animals: This includes monkeys, rodents, and bushmeat.
- Practice safe sex: Use condoms and limit sexual partners.
- Vaccinations: While not widely available, consider vaccination if recommended for your destination.

Returning Home

- Monitor your health: Watch for symptoms of mpox for at least three weeks after your return.
- Seek medical attention: If you develop symptoms, contact your healthcare provider immediately and inform them of your travel history.

Remember: The risk of contracting mpox while traveling is generally low, but taking preventive measures can significantly reduce your chances of infection.

For the most up-to-date information, please follow the Ministry of Health's website and social media to stay informed.