



MINISTRY OF HEALTH MALAYSIA

TRAVEL ADVISORY



on

SARS

Severe Acute Respiratory Syndrome

Since February 2003, the World Health Organisation has reported outbreaks of severe forms of pneumonia. Currently, WHO has categorised China, Hong Kong, Taiwan, Canada, Singapore, United States of America and United Kingdom (London) as affected countries / areas.

(An affected country / area is one in which local chain of transmission of SARS is occurring as reported by the National Public Health Authorities)

The illness is now termed as Severe Acute Respiratory Syndrome (SARS). It is a respiratory illness that brings about atypical pneumonia in infected patients.

The main symptoms of SARS are rapid onset of high grade fever (above 38°C or above 100.4°F) within 10 days on returning from traveling to the affected countries/areas and one or more respiratory symptoms including cough, shortness of breath or difficulty in breathing. Other symptoms of SARS include sore throat, muscle ache and headache.

**DO NOT TRAVEL
TO THE SARS AFFECTED COUNTRIES / AREAS
FOR THE TIME BEING**

If you have to travel to the affected countries/areas, please observe the following measures :

- Avoid direct contact with SARS cases. If you need to be in close contact with them, you are advised to practise good personal hygiene and use an appropriate protective mask.
- Avoid crowded places, otherwise use a protective mask which should be changed daily.
- Observe strict personal hygiene at all times: cover your mouth with tissue when you cough or sneeze, and wash your hands with soap and water especially if you have to touch your eyes, nose or mouth.
- If you fall ill there, please seek immediate treatment.

If you have recently returned from a SARS affected country / area: You should keep away from close contact with other people for 10 days. If within this period you develop high fever (above 38°C or above 100.4°F) and have one or more respiratory symptoms including cough, shortness of breath or difficulty in breathing, you should immediately go to a SARS designated hospital or any nearest government hospital for further management.

THANK YOU FOR YOUR COOPERATION



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