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ROYAL GOVERNMENT OF BHUTAN
MINISTRY OF HEALTH
DEPARTMENT OF PUBLIC HEALTH



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

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Travel Advisory

2nd edition

The World Health Organization (WHO) has declared the Mpox (clade 1b) outbreak in Africa a Public Health Emergency of International Concern (PHEIC) on 14th August 2024. While the Mpox has primarily affected African countries, cases of clade 1b Mpox have been also reported in few countries across Asia and Europe. Given the resurgence of Mpox, there is an increased risk of contracting the disease when traveling. Therefore, 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, headache, swollen lymph nodes, 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 suspected of Mpox signs and symptoms.
- 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 Mpox affected countries (active ongoing outbreak) especially in Africa, please exercise extra caution:

- Avoid contact with animals: This includes monkeys, rodents, and bushmeat.
- Avoid any form of sexual activity.
- 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.

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