



Public Health
England

Travelling to the Middle East?

Important information about
Middle East Respiratory Syndrome (MERS)

A new disease called MERS has been identified in some countries in the Middle East.



The risk to most travellers is very low, but you should take these steps to help protect yourself and others:

- regularly wash your hands
- avoid close contact with sick people and sick animals
- avoid contact with camels
- avoid consuming raw camel milk or camel products, or eating undercooked camel meat

If you become unwell with a fever and cough, or shortness of breath within 14 days of being in the Middle East, call your doctor and tell them where you have travelled.

For more information visit: www.NaTHNaC.org or www.gov.uk/phe