



## Travel Advisory

The Ministry of Health is closely monitoring the ongoing Ebola Disease outbreak reported in Democratic Republic of the Congo (DRC) and Uganda. While no cases have been detected in Bhutan, the risk of importation through international travel remains. As a precautionary measure to safeguard public health and prevent the introduction of Ebola Disease into the country, the Ministry of Health issues the following travel advisory for the general public.

### 1. Advisory for travelers planning to travel to Ebola Disease affected Countries

- Avoid non-essential travel to affected areas in the Democratic Republic of the Congo, Uganda, and South Sudan.
- Bhutanese nationals residing in or travelling to affected countries are advised to strictly adhere to local public health measures and guidance issued by the World Health Organization (WHO).
- Before travelling, consult the latest travel advisories issued by the Ministry of Health and relevant authorities.

### 1. Advisory for travelers arriving from Ebola Disease affected Countries

- Travelers arriving from the Democratic Republic of Congo (DRC) and Uganda shall undergo **mandatory facility quarantine for 21 days**.
- Travelers arriving from South Sudan shall undergo **mandatory home quarantine for 21 days**. The **facility quarantine** shall be provided for non-resident travelers arriving from South Sudan
- All travelers arriving from the above-mentioned countries are required to submit their travel and contact information through the designated online portal [link](#) at least five (5) days prior to their arrival in Bhutan.
- Travelers shall comply with all health screening, monitoring, quarantine, and reporting requirements prescribed by the Ministry of Health.

### 2. General Ebola prevention measures

- Avoid close contact with individuals who are sick or suspected of having Ebola disease.
- Avoid contact with blood, bodily fluids, and contaminated materials.
- Refrain from handling or consuming bushmeat and avoid contact with wild animals, particularly bats and non-human primates.
- Practice frequent hand hygiene using soap and water or alcohol-based hand sanitizers.
- Seek immediate medical attention if symptoms such as fever, severe headache, muscle pain, vomiting, diarrhoea, unexplained bleeding, or weakness develop during or within 21 days of travel from an affected country.

The Ministry of Health will continue to closely monitor the situation in coordination with WHO and international partners and will provide updates and guidance as necessary.

For further information or clarification, please contact the Chief of the Communicable Diseases Division, Department of Public Health, Ministry of Health at +975 17439791 or email: [cdd@health.gov.bt](mailto:cdd@health.gov.bt).

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