

# Supplement 1: Focus group guide

## ***Theme 1: Preparing for travel.– general travel health attitudes and behaviour***

*Firstly, I would like to start a discussion about how you prepare for your overseas travel and how you stay healthy while you are away.*

Possible prompts to be used by facilitator:

- Question about what they usually do
- Before you travel, do you get travel health advice?
  - (to Hong Kong / mainland China?)
  - (to other destinations?)
  - Why is that the case?
  - Why not?
- Who do you get your travel health advice from? Why?
- What health precautions do you take when travelling overseas? By precautions, I mean things you do to prevent exposing yourself to risks, for example, having vaccinations.
  - (to Hong Kong / mainland China?)
  - (to other destinations?)
- Have you ever used professional travel health services, such as a travel health clinic?
  - Why is that the case?
  - Why haven't you?

## ***Theme 2: Vaccinations***

*Would you get vaccinated before travelling to China?*

Possible prompts:

- Did you recently discuss with your GP regarding vaccinations, for example, during a recent check-up? Did you have any problems with that? Did your GP have any problems?
- Do you know if you have had all the 'basic vaccinations' done?
- Have you ever been vaccinated as part of preparing for travel?
- Have you ever been vaccinated as part of preparing for VFR travel?
- Would you get vaccinated before travelling to Hong Kong / mainland China if advised to? Why or why not?
- What are some pros and cons of vaccination that you know about?

## ***Theme 3: Health-related attitudes and behaviour towards travelling to mainland China and Hong Kong***

*What health risks do you perceive in travelling to mainland China / Hong Kong, and what precautions will you take?*

Possible prompts:

- What travel health issues are you aware of in relation to travelling to mainland China / Hong Kong?
- What are some diseases that you know of that people travelling to mainland China / Hong Kong are at risk of acquiring during their journey?
- Are you concerned about acquiring infectious diseases during your travel to mainland China / Hong Kong? Why or why not?
- Have any of you travelled outside the major cities whilst in China? If so, are you aware of any particular health risks of such travel, and have you taken any appropriate precautions?
- How do you feel about health care in mainland China / Hong Kong?
- If you fell ill during VFR travel, would you seek treatment in China? Why or why not?
- Would you prefer receiving medical treatment in mainland China / Hong Kong rather than Australia?

#### ***Theme 4: Destinations and activities during VFR travel***

*Where do you stay when in China, and what do you do on a typical trip?*

Possible prompts:

- Which part(s) of China do you usually travel to during your VFR visits?
- What activities do you get involved in during VFR travel?
- Where do you stay during VFR travel?
- Do you come into contact with animals during VFR travel?
- Tell me about your eating habits during VFR travel. Is there any food that you would not eat in Australia that you would eat during VFR travel?

#### ***Theme 5: Awareness of major travel health issues in destinations***

*What are some major health issues that you are aware of pertaining to China?*

Possible prompts:

- Are you aware of the major outbreaks of influenza and SARS that have affected China over the past 15 years? Tell me what you know.
- Did recent outbreaks in China affect how you plan your travels?
- Are you aware of the risks associated with travel during outbreaks, and the appropriate precautions to take?

#### ***Theme 6: Attitudes towards and use of traditional Chinese medicine***

*What are your thoughts on the use of traditional Chinese medicine?*

Possible prompts:

- Do you use traditional Chinese medicine? Why or why not?
- If you use traditional Chinese medicine, do you self-medicate or do you see a professional Chinese medicine practitioner?
- When would you use traditional Chinese medicine?
- How effective do you think traditional Chinese medicine is?
- Are you more likely to use traditional Chinese medicine when in Hong Kong / mainland China?

**Theme 7: Self-medication**

*When you experience minor illnesses in Australia, for example, fever, diarrhoea or respiratory infection, what do you do?*

*Would you do any differently in China?*

*What are your thoughts on buying medication over the counter and treating yourself without seeing a doctor?*

Possible prompts:

- Would you say that self medication is more available in mainland China / Hong Kong compared with Australia?
- Would you self-medicate if you fell ill whilst you are in mainland China / Hong Kong? If so, how would you self-medicate (for example, taking a friend's tablets)?
- What are your thoughts on self-medication?

Would you stock up on prescription medication whilst in China / Hong Kong?