

## Guidelines for visiting the primates

Mountain gorillas are highly susceptible to human diseases including flu and colds.

If you are participating in a chimp or gorilla trek you need to be free of any visibly contagious diseases and this is checked at the start of the trek by the Park Authorities. If they are in any doubt of your condition, they reserve the right to prevent you from continuing on the trek.

Our advice is that if you are worried about this aspect, please inform your safari guide as soon as possible, and he will seek advice as to the best way to manage the situation.

- Spitting in the park is strictly prohibited, especially when close to a gorilla group.
- Once with the group should the occasion arise that you need to cough, please cover your mouth and turn your head away.
- When with the gorillas, please keep your voice level and low and only talk in whispers.
- If you get stung by a nettle, please refrain from crying out loud and try not to make any rapid movements that may frighten the gorillas.
- If a gorilla should charge or vocalize at you, do not be alarmed, stand still and look away and certainly never run, the guides may ask you to move slowly away if necessary.
- Never make any rapid movements and do not disturb the vegetation when with the group, there may be a gorilla hidden behind the leaves.
- Please do not leave litter anywhere in the park.