

Travel Tips for Avian Influenza affected areas

Centers for Disease Control and Prevention (CDC) has not recommended that the general public avoid travel to any of the countries affected by H5N1 Avian Influenza. Persons who visit the areas with reports of outbreaks of H5N1 among poultry or of human H5N1 cases can reduce their risk of infection by observing the following measures:

Before any international travel to an area affected by H5N1 avian influenza

- Visit CDC's Travelers' Health website on Southeast Asia at <http://www.cdc.gov/travel/seasia.htm> to educate yourself and others who may be traveling with you about any disease risks and CDC health recommendations for international travel in areas you plan to visit. For other information about avian influenza, see this website: <http://www.cdc.gov/flu/avian/index.htm>.
- Be sure you are up to date with all your vaccinations, and see your doctor or health-care provider, ideally 4-6 weeks before travel, to get any additional vaccination medications or information you may need.
- Assemble a travel health kit containing basic first aid and medical supplies. Be sure to include a thermometer and alcohol-based hand gel for hand hygiene.
- Identify in-country health-care resources in advance of your trip.
- Check your health insurance plan or get additional insurance that covers medical evacuation in case you become sick.

During travel to an affected area

- Avoid all direct contact with poultry, including touching well-appearing, sick, or dead chickens and ducks. Avoid places such as poultry farms and bird markets where live poultry are raised or kept, and avoid handling surfaces contaminated with poultry feces or secretions.
- As with other infectious illnesses, one of the most important preventive practices is careful and frequent handwashing. Cleaning your hands often with soap and water removes potentially infectious material from your skin and helps prevent disease transmission. Waterless alcohol-based hand gels may be used when soap is not available and hands are not visibly soiled.
- Influenza viruses are destroyed by heat; therefore, as a precaution, all foods from poultry, including eggs and poultry blood, should be thoroughly cooked.
- If you become sick with symptoms such as a fever, difficulty breathing, or cough, or with any illness that requires prompt medical attention, a U.S. consular officer can assist you in locating medical services and informing your family or friends. Inform your health care provider of any possible exposures to avian influenza. You should defer further travel until you are free of symptoms, unless your travel is health-related.

After your return

- Monitor your health for 10 days.
- If you become ill with fever and develop a cough, sore throat, or difficulty breathing or if you develop any illness with fever during this 10-day period, consult a health-care provider. ***Before you visit a health-care setting, tell the provider the following: 1) your symptoms, 2) where you traveled, and 3) if you have had direct contact with poultry. This way, he or she can be aware that you have traveled to an area reporting avian influenza.***
- Do not travel while ill, unless you are seeking medical care. Limiting contact with others as much as possible can help prevent the spread of an infectious illness.