

HEALTH NEWS FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION

Keeping Yourself Safe from Bird Flu: An Important Message for People Going to Asia during the Lunar New Year (January 29)

In several countries in Asia, people have been infected with avian influenza, also called bird flu. CDC suggests that you follow certain safety measures if you are traveling to one of these countries to celebrate Lunar New Year: **Cambodia, China, Indonesia, Mongolia, Thailand, and Vietnam.**

BEFORE YOUR TRIP

- Visit CDC's Travelers' Health website at <http://www.cdc.gov/travel> to learn about disease risks in these countries.
- See your doctor and make sure you have all the shots, medicine and information you need.
- Make sure to take basic first aid and medical supplies, such as a thermometer and alcohol-based hand gel to clean your hands.
- Check the CDC web page [Seeking Health Care Abroad](#) at www.cdc.gov/travel and the U.S Dept. of State website at <http://travel.state.gov/> for information about what to do if you get sick overseas.

DURING YOUR TRIP

- Do not touch live chickens, ducks, or other birds, even if they do not seem sick.
- Do not touch dead or sick chickens, ducks, or other birds.
- Do not go to bird farms and live bird markets.
- Do not touch surfaces that have bird feces, blood, or other body fluids on them.
- Only eat meat and other foods from birds, like eggs and poultry blood, if it is fully cooked. Egg yolks should not be runny or liquid. Wash egg shells in soapy water before you crack or cook them.
- If preparing food, keep raw meats away from other foods. After touching raw poultry or eggs, make sure to wash your hands and all surfaces, dishes and utensils thoroughly with soap and water.
- Wash your hands often with soap and water. You can use an alcohol-based hand gel when you do not have soap and your hands do not look dirty.
- If you have a fever with a cough, sore throat, or trouble breathing, or if you become very sick, go to the doctor. Tell the doctor if you think you might have been around a person or animal with bird flu.
- Do not travel until you are well, unless you have to travel locally to get treatment for your sickness.

AFTER YOUR TRIP

- Pay attention to how you feel for 10 days after you get home.
- If you get sick with a fever with a cough, sore throat, or trouble breathing, go to the doctor.
- Before you go to the doctor, tell your doctor that you have been to a country where people have been sick with bird flu and that you are feeling sick.
- Do not travel if you are sick, unless it is to go to the doctor. Staying away from other people will help keep you from spreading your sickness to others.

To learn more about avian influenza, visit CDC online at www.cdc.gov/flu/avian.

Additional information

To learn more about avian influenza in people, visit these websites:

- www.who.int/csr/disease/avian_influenza/en/
- www.cdc.gov/flu/avian/index.htm

For more information about staying well when you travel to East Asia and Southeast Asia, visit these websites:

- www.cdc.gov/travel/eastasia.htm
- www.cdc.gov/travel/seasia.htm
- www.cdc.gov/flu/avian/outbreaks/asia.htm

* In addition to East and Southeast Asia, avian influenza outbreaks in birds have also been reported in Croatia, Kazakhstan, Romania, Russia, Ukraine, and Turkey (human), and the measures listed above should be followed if traveling to all of these regions.