

Important information for travellers to and from Asia

Notice on Avian Influenza

During the trip (while staying in Asia)

- The **transmission** of avian influenza occurs mainly through **infected poultry** and their **secretions** (bird lime, secretions). Raw eggs can both contain the virus, and also be contaminated with it on the outer surface.

Contact with live or dead poultry and contaminated products (e.g. **feathers, raw eggs**) should be avoided under all circumstances.

- The consumption of poultry or eggs is quite safe, according to the current state of scientific experience, since the virus is killed off **by thorough cooking at 70° C** (boiling, grilling or roasting).
- In affected countries, visitors should under all circumstances **avoid** visiting **bird or poultry markets** or **agricultural**

businesses where poultry are kept or processed.

- The **import** of live birds, fertile eggs, poultry flesh and other poultry products into the EU from the countries concerned is **strictly prohibited**.
- If you come into **contact with poultry**, contaminated poultry products or contaminated surfaces, special attention should be devoted to **thorough hand hygiene**. This should preferably be ensured by the use of soap and water, and also alcohol-based **disinfection solutions**.
- **Contaminated shoes and clothing** must be packed in sealed plastic bags, and later cleaned or washed.

After returning from Asia

- Before visiting any poultry businesses in the EU, any shoes or clothing worn during the trip must be **cleaned thoroughly**.
- If any **feverish illness** occurs within 10 days of return, accompanied by coughing, difficulty in breathing or other symptoms, consult a doctor immediately and notify the practice in advance about your symptoms and your trip to Asia.

Questions and further information on avian influenza:

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