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:

Hessisches Landesprüfungs- und Untersuchungsamt im Gesundheitswesen – Zentrum für Gesundheitsschutz, Tel.: +49 2771 32060

(Hessie State Health Testing and Examination Department – Centre for Health Protection, Tel.: +49 2771 32060)