

DISEASE RISK

BIRD FLU

If you are **travelling to** an area affected by bird flu

- Do not visit bird or poultry farms or markets
- Avoid close contact with live or dead poultry
 - Do not eat raw or poorly-cooked poultry
- Do not eat raw or poorly-cooked poultry products, including blood
- Wash your hands frequently with soap and water

If you are **travelling from** an area affected by bird flu and have had

Contact with live or dead poultry



Fever (temperature of 38°C or more, within seven days of your return)



Cough, shortness of breath, headache, sore throat, muscle aches



Seek immediate medical attention

Telephone your doctor or ring NHS Direct on 0845 4647*

*Only available when calling from within England and Wales. Calls cost a maximum of 4 pence per minute from a BT landline. The cost of calls from mobiles and other networks may vary. Your service provider may charge a minimum cost per call. For patients' safety, all calls to NHS Direct are recorded.

Pick up a leaflet to get basic information on this potentially serious disease and the precautions you can take to help prevent you catching it

