

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

an.xodigo.com advisory