

Help make CU-Boulder a



Avian “Bird” Flu Prevention

At this time there is no H5N1 bird flu in the United States. However, those most at risk are individuals who travel outside the country. If you fall into this category, please follow the below guidelines:

Before your trip outside the United States

- Visit the Centers for Disease Control and Prevention (CDC) travelers’ health website at www.cdc.gov/travel to learn about disease risks in various countries.
- See your doctor and make sure you have all the shots, medicine, and information you need.
- Take basic medical supplies like a thermometer and alcohol-based hand sanitizer.
- Check the CDC Seeking Health Care Abroad website at www.cdc.gov/travel and the Department of State website at travel.state.gov to learn what to do if you get sick overseas.
- Make sure you have a list of reputable health care locations in your destination country.
- Visit the University Risk Management website at urm.colorado.edu/events/travel.html for additional international travel information and guidelines.

(Information gathered from CDC traveler’s health website, www.cdc.gov/travel)

While traveling outside the U.S.

- Avoid all direct contact with all poultry—well-appearing, sick, or dead—as well as poultry farms, bird markets, and surfaces contaminated with poultry feces or secretions.
- Wash your hands frequently. Cleaning your hands often with soap and water removes potentially infectious material and helps prevent disease transmission. Waterless alcohol-based hand gels may be used when soap is not available and hands are not visibly soiled.
- All foods from poultry, including eggs and poultry blood, should be cooked thoroughly. Egg yolks should not be runny or liquid. Because influenza viruses are destroyed by heat, the cooking temperature for poultry should be 74°C (165°F).

- If you become sick with a fever accompanied by a cough, sore throat, or difficulty breathing and you have had contact with poultry or with a confirmed avian flu case, a U.S. consular officer can help you locate medical services and inform your family or friends. Inform your health care provider of any possible exposures to avian flu. Defer further travel until you are free of symptoms, and inform your airline if you are concerned about having avian flu.
- Travelers' Health Automated Information Line: **877-FYI-TRIP** (toll free)
(For information about ordering the Yellow Book and International Certificates of Vaccination and recorded messages on travel-related health topics.)

After your return to the U.S.

- Monitor your health for 10 days.
- If you develop a fever plus a cough, sore throat, or trouble breathing during this 10-day period, consult a health care provider.
- Before you visit a health care setting, tell the provider the following: 1) your symptoms, 2) where you traveled, and 3) if you have had direct contact with poultry or close contact with a severely ill person. This way, the health care provider can be aware if you have traveled to an area reporting avian influenza and provide care accordingly.
- Do not travel while ill, unless you are seeking medical care. Limiting contact with others as much as possible can help prevent the spread of any infectious illness.
- Wash your hands frequently and cover your nose and mouth when coughing or sneezing.

Information current as of 8/1/2006.

Visit www.colorado.edu/safety/pandemicflu for the most current flu prevention information.