

infected person to immediately seek medical care but, prior to arrival, notify their healthcare provider that they may have been exposed to AI.

For more information about avian influenza, see www.cdc.gov/flu/avian/facts.htm, and www.cdc.gov/flu/avian/index.htm.

Guidance for Travelers on Temporary Work Assignment Abroad

Geographic Applicability of OSHA Requirements: Private sector employers are required to comply with OSHA standards and other requirements with respect to work performed in a workplace within the U.S., defined by section 4(a) of the OSH Act as the states, the District of Columbia, and various listed U.S. territories. Federal agencies are required by Executive Order 12196 to comply with all OSHA standards with respect to working conditions of Federal employees without regard to their location.

CDC has issued the following notice concerning travel to areas known to have current or past H5N1 outbreaks: *Outbreak Notice - Update: Human Infection with Avian Influenza A (H5N1) Virus in Asia*.⁹

From January 2005 through October 2006, the number of countries with outbreaks of H5N1 infection among poultry or wild birds increased more than 3-fold from 15 to the following 54 countries:¹⁰

East Asia	Europe, Siberia, Central Asia	Africa
Cambodia	Afghanistan	Burkina Faso
China	Albania	Cameroon
India	Austria	Djibouti
Indonesia	Azerbaijan	Egypt
Japan	Bosnia-Herzegovina	Ivory Coast
Lao PDR (Laos)	Bulgaria	Niger
Malaysia	Croatia	Nigeria
Mongolia	Cyprus	Sudan
	Czech Republic	

East Asia	Europe, Siberia, Central Asia	Africa
South Korea (Republic of Korea)	Denmark	
Thailand	France	
Vietnam	Georgia	
	Germany	
	Greece	
	Hungary	
	India	
	Iran	
	Iraq	
	Israel	
	Italy	
	Jordan	
	Kazakhstan	
	Pakistan	
	Poland	
	Romania	
	Russia (Siberia & European Russia)	
	Saudi Arabia	
	Serbia	
	Slovakia	
	Slovenia	
	Spain	
	Sweden	
	Switzerland	
	Turkey	
	Ukraine	

In November of 2005, human cases had been reported from only 5 countries. As of October 12, 2006, the number of countries with human cases had doubled to the following 10 countries: Azerbaijan, Cambodia, China, Djibouti, Egypt, Indonesia, Iraq, Thailand, Turkey and Vietnam. Since this information is constantly changing, consult the U.S. Government pandemic influenza website at: www.pandemicflu.gov/, where regularly updated information on cases in both birds and humans worldwide can be accessed. Appendix I contains websites that provide additional information.

To reduce the risk of infection, CDC recommends that Americans visiting areas where outbreaks of H5N1 infection among poultry or human cases of H5N1 infection have been reported should observe the following measures to help avoid illness.

Before Any International Travel

- Always educate yourself and others who may be traveling with you about any disease risks and other travel conditions in areas you plan to visit (for information about H5N1, see the following CDC web page at: www.cdc.gov/flu/avian/index.htm and State Department Travel Warnings and Consular Information sheets at: www.travel.state.gov/travel/travel_1744.html).
- Be sure that your vaccinations are up-to-date and see your doctor or healthcare provider, ideally 4–6 weeks before travel, to get any additional vaccinations, medications, or information you may need. CDC's health recommendations for international travel to Southeast Asia are provided on CDC's Travelers' Health website: www.cdc.gov/travel/seasia.htm.
- Assemble a travel health kit containing basic first aid and medical supplies. Be sure to include a thermometer and alcohol-based hand rub for hand hygiene. See the following web page for other suggested items: www.cdc.gov/travel/illness_injury_abroad.htm.
- Before you leave, find out how and where to get medical care in the country where you are traveling.
- Check your health insurance plan or get additional insurance that covers medical evacuation in case you become ill. Information about medical evacuation services is provided on the U.S. Department of State web page titled, Medical Information for Americans Traveling Abroad (travel.state.gov/travel/tips/health/health_1185.html).

During Travel

- Avoid all direct contact with poultry, even if they appear healthy and especially if they appear sick or are dead.
- Avoid places where live poultry are raised or kept (e.g., poultry farms and bird markets).
- Avoid handling surfaces contaminated with poultry feces or respiratory secretions. The major source of human infections is associated with contact with these substances.

-
- As with other infectious illnesses, one of the most important preventive practices is careful and frequent handwashing. Cleaning your hands often, using soap and water (or waterless alcohol-based hand rubs when soap is not available and hands are not visibly soiled), removes potentially infectious material from your skin and helps prevent disease transmission.
 - **Handwashing is especially important** when preparing raw poultry for cooking.
 - Influenza viruses are destroyed by heat; therefore, as a precaution, all foods from poultry, including eggs and poultry blood, should be thoroughly cooked. See International Food Safety Authorities Network (INFOSAN) for guidelines about food safety and H5N1 at: www.who.int/foodsafety/micro/avian/en/. Also consult the USDA website on safe food handling at: www.fsis.usda.gov/Fact_Sheets/Safe_Food_Handling_Fact_Sheets/.
 - If you have a fever and respiratory symptoms (cough or shortness of breath) or if you have any illness that requires prompt medical attention, a U.S. consular officer can assist you in locating medical services and informing your family or friends. See the following web page for more information about what to do if you become ill while abroad: www.cdc.gov/travel/illness_injury_abroad.htm. It is advisable that you defer travel until you are free of symptoms unless your travel is health-related.

Important considerations:

- It is possible that you might become infected in a country where the healthcare systems may be inadequate to cope with human avian influenza.
- If an avian influenza virus develops the ability to pass freely from human to human while you are in an affected country, it is possible that either U.S. or foreign country borders will be closed and return travel to the U.S. may be impossible or delayed.

After Your Return

- Monitor your health for 10 days.
- If you become ill with fever and develop a cough or difficulty

breathing, or if you develop any illness during this 10-day period, consult a healthcare provider. Before you visit a healthcare setting, tell the provider the following:

- your symptoms;
- where you traveled; and
- if you have had direct poultry contact or contact with a known or suspected human case of influenza A (H5N1) in an H5N1-affected country.

More information about the following subjects can be obtained by visiting the websites listed below:

H5N1 infections in humans

- World Health Organization (WHO) website (www.who.int/topics/avian_influenza/en/), and
- CDC website (www.cdc.gov/flu/avian/index.htm).

Recommendations for enhanced surveillance and infection control precautions for H5N1

- CDC website (www.cdc.gov/flu/avian/professional/han081304.htm).

Health recommendations for travel to Asia

- CDC website (www.cdc.gov/travel/seasia.htm), and
- CDC website (www.cdc.gov/travel/eastasia.htm).