

If you have difficulty getting treatment for rabies (obtaining rabies vaccine and rabies immunoglobulin after an incident), contact the nearest Canadian embassy or consulate.

### **Avian influenza (bird flu)**

Avian influenza is a viral infection that can spread easily and quickly among birds. A particularly strong subtype called H5N1 has been circulating among birds in parts of Asia, Europe, the Middle East and Africa. In rare instances, H5N1 has infected people. Most human cases have been traced to direct contact with live infected birds or their droppings.

Your health care provider or travel health clinic can discuss the best way to protect yourself from avian influenza. In general, travellers should avoid contact with domestic poultry and wild birds at farms and markets.

Make sure that all fowl to be eaten is thoroughly cooked. Wash your hands and all cooking equipment after contact with eggs or raw fowl and avoid cross-contamination with other food products.

Additional information on avian influenza is available at [www.influenza.gc.ca](http://www.influenza.gc.ca).



### **Person-to-person infections**

Blood-borne diseases such as hepatitis B and C and HIV infection are transmitted from person to person by direct contact with infected blood or other bodily fluids. Reduce your risk of infection by avoiding any medical or cosmetic procedure that penetrates the skin (including acupuncture, piercing and tattooing), unprotected sex (not using condoms), transfusions with unsafe blood and sharing needles to inject intravenous drugs.

Certain diseases can be transmitted from person to person without direct physical contact. Infected microscopic droplets expelled when someone