



*Embassy of the United States of America  
Oslo, Norway*

**THIS IS A MESSAGE TO ALL U.S. CITIZENS RESIDING IN  
NORWAY**

**AVIAN FLU UPDATE**

**FROM THE U.S. DEPARTMENT OF STATE  
NOVEMBER 17, 2005**

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*This update follows our October 20, 2005 message about avian flu.*

Most experts expect that the Avian Influenza virus will come to Scandinavia as well as the rest of Europe. If we are lucky it will not be before next spring. If not, it could be this fall. Either way, accurate information is your best protection. If you have questions or concerns, please visit the websites at the end of this document.

Remember, we are talking about the Avian Influenza virus (the specific type is H5N1), and not a possible future mutation that may become a type of human influenza.

This is an important difference. Avian Influenza is just that, an influenza virus that primarily infects avian (i.e., bird) species. Although it can and has spread **TO** humans, thus far it has not been spread **BY** humans. With very basic and easy precautions, taken from the CDC website, you can virtually eliminate it as a threat to you and your family.

***Precautions:***

These recommendations are for U.S. embassies and consulates, their personnel, and U.S. citizens living abroad in areas where Avian Influenza A (H5N1) outbreaks among poultry or human H5N1 cases have been reported. These recommendations may be revised as more information becomes available:

- Travelers should avoid all contact with poultry (e.g., chickens, ducks, geese, pigeons, turkeys, and quail) or any wild birds, and avoid settings where H5N1-infected poultry may be present, such as commercial or backyard poultry farms and live poultry markets. Do not eat uncooked or undercooked poultry or poultry products, including dishes made with uncooked poultry blood.

- As with other infectious illnesses, one of the most important preventive practices is careful and frequent hand washing. Clean your hands often, using either soap and water (or waterless, alcohol-based hand gels when soap is not available and hands are not visibly soiled) to remove potentially infectious materials from your skin and help prevent disease transmission.
- CDC does not recommend the routine use of masks or other personal protective equipment while in public areas.

***When Preparing Food:***

- Separate raw meat from cooked or ready-to-eat foods. Do not use the same chopping board or the same knife for preparing raw meat and cooked or ready-to-eat foods.
- Do not handle either raw or cooked foods without washing your hands in between.
- Do not place cooked meat back on the same plate or surface it was on before it was cooked.
- 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 meat should reach 70°C (158°F).
- Wash egg shells in soapy water before handling and cooking, and wash your hands afterwards.
- Do not use raw or soft-boiled eggs in foods that will not be cooked.
- After handling raw poultry or eggs, wash your hands and all surfaces and utensils thoroughly with soap and water.

If you believe you might have been exposed to Avian Influenza, take the following precautions:

- Monitor your health for 10 days.
- If you become ill with fever and develop a cough, sore throat, or difficulty breathing or if you develop any illness with fever during this 10-day period, consult a healthcare provider. Before you visit a healthcare setting, tell the provider the following: 1) your symptoms, 2) where you traveled, and 3) if you have had direct contact with poultry.
- 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 an infectious illness.

***Information Sources:***

[www.cdc.gov](http://www.cdc.gov)

<http://www.state.gov/q/oes/avianflu/>

[http://www.who.int/csr/disease/avian\\_influenza/en/index.html](http://www.who.int/csr/disease/avian_influenza/en/index.html)

[http://www.usaid.gov/our\\_work/global\\_health/home/News/news\\_items/avian\\_influenza.html](http://www.usaid.gov/our_work/global_health/home/News/news_items/avian_influenza.html)

[http://www.fao.org/ag/againfo/subjects/en/health/diseases-cards/special\\_avian.html](http://www.fao.org/ag/againfo/subjects/en/health/diseases-cards/special_avian.html)

**IN CASE A PANDEMIC SHOULD OCCUR (IF THE VIRUS HAS MUTATED AND TRANSMITS FROM PERSON TO PERSON):**

The Department of State strongly recommends that you immediately begin to put together a family medical kit (taking into account all ages and numbers of family members) of over-the-counter medical supplies with a thermometer (type accepted for children and adults), supplies for adequate hand washing, fever reducing medication (non-aspirin and aspirin tablets), water and food, plus other emergency supplies such as bandages, splints, tape, anti-diarrheals, alcohol swabs, antacids, antibacterial ointment and extra quantities of regular prescription medicines that you use.

Stores of primarily canned food and liquids for two weeks should be put in place.

If you are interested in buying ready made kits, the following sites may be of help:  
[www.alwaysbeprepared.com](http://www.alwaysbeprepared.com) and [www.redcross.org](http://www.redcross.org)