



# Avian flu

## Have you travelled from China?

### DO YOU HAVE ...



a fever  
(38°C and over)?

and  
either



difficulty  
breathing?

or



a cough ?

### AND DID YOU ...



visit live bird and  
animal markets and  
poultry farms?

or



pick up or touch  
dead or dying  
birds?

If you develop the above symptoms within 10 days of travel from China - contact NHS 111 or your own GP by telephone and tell them that you have travelled to China