

Avian Influenza A H7N9 (H7N9 Flu)

1. What's avian influenza A H7N9 (also called H7N9 flu)?

Influenza is often called the flu. H7N9 is a type of avian influenza, which means it's a type of flu that's found in birds. This type of flu doesn't usually affect humans, but China recently reported H7N9 infections in people.

2. How does H7N9 flu spread?

Human infections with avian influenza are not common. People sick with H7N9 were in China and either touched or were near infected birds, mainly chickens. Public health investigators from organizations around the world are closely tracking how H7N9 spreads. They've been checking on people that have gotten sick and also on people that have been around a sick person. So far, these investigators haven't found any proof that H7N9 is spreading from person-to-person.

3. What should people do if they plan to travel to China?

Follow these tips if you plan to visit China soon:

BEFORE YOUR TRIP:

- Go on with your travel plans. No travel limits are in place right now and it's safe to visit China. Public health organizations around the world will keep on tracking H7N9 and will give advice based on what they find. For the latest advice for travelers to China, please visit: <http://wwwnc.cdc.gov/travel/notices/watch/avian-flu-h7n9-china.htm>

DURING YOUR TRIP:

- Don't touch living or dead birds or other animals.
- Stay away from live poultry (bird) markets.
- Wash your hands often with warm, soapy water for at least 20 seconds each time. This will help limit the number of germs you get into your eyes or mouth when you touch them with your hands.

AFTER YOUR TRIP:

- See a doctor if you have any sickness, like signs of the flu (fever and body aches) during or after your trip. Let your doctor know about your trip.
- Get back to your normal schedule. If you're not sick, there's no need for you to miss school or work.

4. Should H7N9 flu be a cause for concern?

The L.A. County Department of Public Health works closely with doctors, hospitals, and labs to find and track new germs that can make people sick. At this time, the H7N9 virus doesn't spread from person-to-person. We'll keep tracking this virus and letting you know how to keep you and your loved ones healthy.



Key Points

- H7N9 is a virus that usually just affects birds. China recently found H7N9 infections in people.
- People sick with H7N9 were in China and had close contact with infected birds.
- H7N9 doesn't spread from person-to-person right now.
- Birds and people in the U.S. don't have the H7N9 virus right now.
- It's safe to visit China. People who went to China and got sick should see their doctor and report their travel.

More Information

Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/flu/avianflu/h7n9-virus.htm>

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