While traveling abroad, the chances of catching H5N1 bird flu are very low, but it is wise to take the following precautions:

- Avoid visiting bird or poultry farms or markets.
- Avoid close contact with live or dead poultry.
- Only eat properly handled and cooked poultry or poultry products.
- Wash your hands frequently with soap and water.

Health advice on bird flu can be found at www.pandemicflu.gov.

If you are carrying any of the following products, declare them:

- Poultry or other live birds, including pet birds
- Processed poultry or game birds (frozen or fresh)
- Eggs
- Other products derived from poultry and other birds, such as unprocessed game trophies and feathers

CBP will inspect and release items that are not a threat to U.S. agriculture. Failure to declare such items can result in fines up to $1,000.