

9. Is it safe to eat meat, for example, poultry and pork products?

Influenza viruses are not transmitted through consuming well-cooked food. Because influenza viruses are inactivated by normal temperatures used for cooking (so that food reaches 70°C in all parts - "piping" hot - no "pink" parts), it is safe to eat properly prepared and cooked meat, including from poultry and game birds.

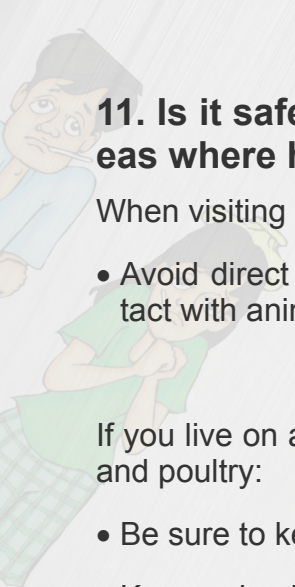
Diseased animals and animals that have died of diseases should not be eaten.

In areas experiencing outbreaks, meat products can be safely consumed provided that these items are properly cooked and properly handled during food preparation. The consumption of raw meat and uncooked blood-based dishes is a high-risk practice and should be discouraged.

10. How can meat be safely prepared?

- Always keep raw meat separate from cooked or ready-to-eat foods to avoid contamination.
- Do not use the same chopping board or the same knife for raw meat and other foods.
- Do not handle both raw and cooked foods without washing your hands in between and do not place cooked meat back on the same plate or surface it was on before cooking.
- Do not use raw or soft-boiled eggs in food preparations that will not be heat treated or cooked.
- After handling raw meat, wash your hands thoroughly with soap and water.
- Wash and disinfect all surfaces and utensils that have been in contact with raw meat.



A cartoon illustration of a boy and a girl. The boy is on the left, wearing a blue shirt and a grey cap, looking towards the right. The girl is on the right, wearing a green shirt and a green headscarf, looking towards the left. They are both smiling.

11. Is it safe to visit live markets and farms in areas where human cases have been recorded?

When visiting live markets:

- Avoid direct contact with live animals and surfaces in contact with animals.

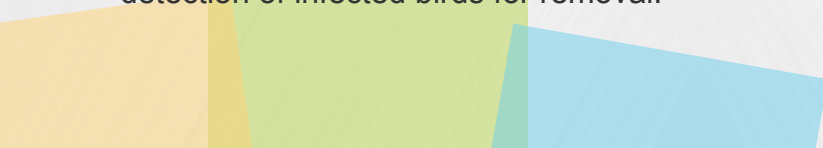
If you live on a farm and raise animals for food, such as pigs and poultry:

- Be sure to keep children away from sick and dead animals.
- Keep animal species separated as much as possible.
- Report immediately to local authorities any cases of sick and dead animals. Sick or dead animals should not be butchered and prepared for food.

12. Is the source of infection poultry and live poultry markets?

Although some evidence points to live poultry as a source of infection, it cannot yet be confirmed that live poultry is the primary or the only source of infection. Neither is there enough evidence to exclude other possible animal or environmental sources of infection.

13. Can closure of live poultry markets affect the transmission of this virus?

- Live markets should be closed briefly on a regular basis for thorough cleaning, with all birds temporarily removed during cleaning. Regular sampling and testing of new batches of birds brought into a live market can help ensure earlier detection of infected birds for removal.
- 
- Three overlapping colored shapes at the bottom of the page: a yellow triangle on the left, a green triangle in the middle, and a blue triangle on the right.