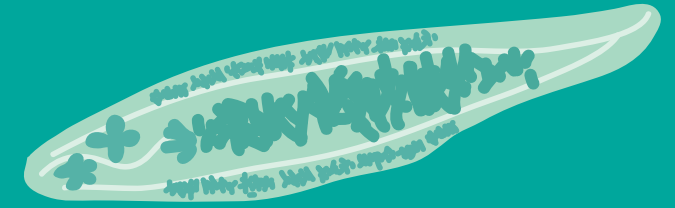


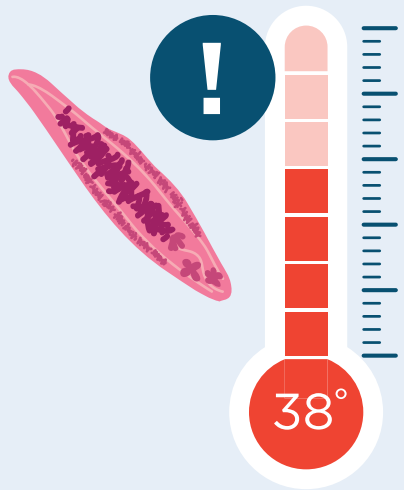


# BE SAFE FROM FISH LIVER FLUKES

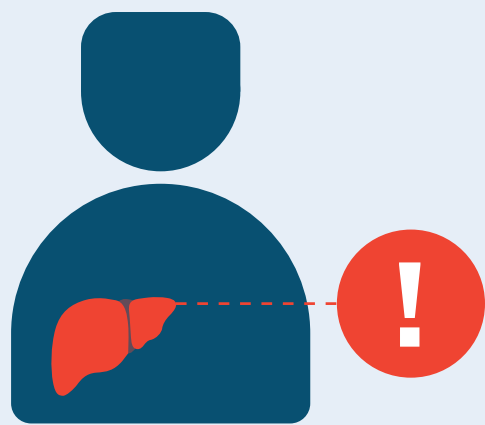


## ADVERSE HEALTH EFFECTS

### A high fever



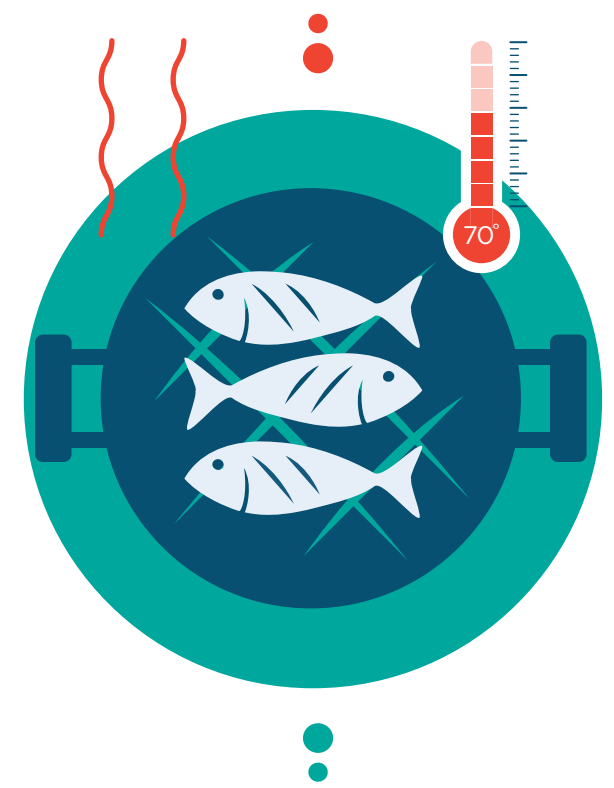
### Upper quadrant pain



Severe infection might cause fever and pain in the abdomen below the right breast.

Chronic infection from prolonged re-infections could cause cancer of the bile duct.

## TO AVOID INFECTION



## THOROUGHLY COOK YOUR FISH\*

### EVIDENCE: ASEAN/ASIA

There are around 8.6 million cases of fish liver flukes in the region, with distribution in the following ASEAN member countries.\*

#### Thailand



**6 million cases**

#### Laos PDR



**2 million cases**

#### Cambodia



**0.6 million cases**



# 15 million

people have been infected with fish liver flukes globally, 1 million of whom live in northern Viet Nam.

\*Fish liver flukes are killed at a core temperature of 63°C and above. Other pathogens require higher temperatures, so to be safe, cook fish at 70°C and above.