Finding relevant sources is one of the most important tasks. The good news is, since essay is short, you will normally need just a few sources, about two or three. They might be articles from the respectable US journals or books, such as the ones published by Sage Publications. Pay close attention to their date — the more current all sources are, the better, and make sure they’re peer-reviewed. Read an abstract or a summary of the work you’ve found. Does it sound like something that will be useful? Remember, each source must actually contribute something to short essay.

A specific vaccine for humans that is effective in preventing avian influenza is not yet readily available. Based upon limited data, the CDC has suggested that the anti-viral medication Oseltamivir (brand name-Tamiflu) may be effective in treating avian influenza. Using this input, the Department of State has decided to pre-position the drug Tamiflu at its Embassies and Consulates worldwide, for eligible U.S. Government employees and their families serving abroad who become ill with avian influenza. We emphasize that this medication cannot be made available to private U.S. citizens abroad. Because of this, and because Tamiflu may not be readily available overseas, the State Department encourages American citizens traveling or living abroad to consult with their private physician about whether to obtain Tamiflu prior to travel, for use in the event treatment becomes necessary, or whether Tamiflu is readily available in the country where they reside. Americans should also be aware of the potential health risk posed by counterfeit drugs, including those represented as Tamiflu, by internet scam artists or in countries with lax regulations governing the production and distribution of pharmaceuticals. In addition, the Department of State has asked its embassies and consulates to consider preparedness measures that take into consideration the fact that travel into or out of a country may not be possible, safe or medically advisable. Guidance on how private citizens can prepare for a “stay in place” response, including stockpiling food, water, and medical supplies, is available on the CDC and pandemicflu.gov websites.

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**Flu medication for private citizens**

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**Counterfeit drug warning**

Americans should also be aware of the potential health risk posed by counterfeit drugs, including those represented as Tamiflu, by internet scam artists or in countries with lax regulations governing the production and distribution of pharmaceuticals.

**Additional precautions**

In addition, the Department of State has asked its embassies and consulates to consider preparedness measures that consider that travel into or out of a country may not be possible, safe or medically advisable. Guidance on how private citizens can prepare for a “stay in place” response, including stockpiling food, water, and medical supplies, is available on the CDC and pandemicflu.gov websites.