



## PREVENTION AND CONTROL OF BIRD-TO-HUMAN TRANSMISSION OF AVIAN INFLUENZA

Key message points (for the general population as well as farmers), grouped by topic. The right-hand columns indicate the suitability of messages points for three phases: pre-outbreak, during an outbreak, and post-outbreak.

### It Is Very Difficult For Humans To Get Avian Flu, But If You Have Signs Of A Serious Respiratory Illness, Get Care.

- If you become sick with a high fever after contact with dead or sick birds, seek immediate treatment.
- If you suspect that someone has avian influenza, take them to a health care provider immediately.

	PRE	OUTBREAK	POST
	✓	✓	✓
	✓	✓	✓

### Avoid Close Contact With Birds.

- Do not touch dead or sick birds with bare hands; use gloves.
- If poultry have to be kept indoors (for example, during winter in cold climates), keep them in a specific area away from where the family sleeps and eats.
- Do not let poultry into your house.
- If possible, do not let children collect eggs and keep them away from birds – including pet birds if they are not kept indoors all the time.
- Do not let children help with slaughtering or preparing poultry or wild birds.

	PRE	OUTBREAK	POST
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### Take Precautions If You Unintentionally Come Into Contact With Poultry Or Poultry Feces In An Affected Area.

- Wash your hands well with soap and water (or ash if soap is not available) after each contact with wild birds or domestic poultry or bird feces.
- Remove your shoes outside the house and clean them of all dirt.
- If you develop a high temperature, visit a doctor or go to the nearest health care facility immediately.

	PRE	OUTBREAK	POST
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		✓	

**Take Precautions In Preparing And Consuming Poultry Meat And Eggs.**

- The greatest risk of exposure to avian influenza is through the slaughter and handling of infected poultry. Remember that not all infected birds show signs of illness, so be careful when slaughtering any poultry.
- Good hygiene practices are essential during slaughter and post-slaughter handling to prevent exposure via raw poultry meat or cross contamination from poultry to other foods, food preparation surfaces or equipment.
- Keep raw meat, poultry, fish, and their juices away from other foods.
- After cutting raw meats, wash hands, cutting board, knife and counter tops with hot soapy water, and use bleach if available.
- Ensure that poultry meat and eggs are thoroughly cooked.
- Do not eat eggs or blood unless they are thoroughly cooked. Do not eat runny eggs or meat that is pink. To be safe, egg whites and yellow must be solid. Raw eggs should not be used in foods that will not be cooked.
- Eggs can contain avian influenza virus both on the outside (shell) and the inside (whites and yolk), so it is important to wash hands after handling eggs and to cook eggs thoroughly.
- The avian influenza virus is not killed by freezing or refrigeration, but cooking (temperatures at or above 70°C in all parts of a food item) will kill the avian influenza virus.

	PRE	OUTBREAK	POST
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**Practice Overall Good Hygiene.**

- Wash hands with soap and water (or if soap is not available, with ash) before and after handling food.
- Use masks and gloves when handling poultry or other birds.
- If practical, change your clothing once you arrive at the workplace, especially if you have poultry in your backyard or come in contact with poultry on your way to work.

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**Take Precautions If You Are Visiting Farms Or Other Areas Where Poultry Are Kept.**

- When visiting a farm or entering a yard where poultry is kept, wash hands with soap and water (or ash if soap is not available) and after you leave.
- Brush and disinfect clothing, shoes/sandals, and the wheels of bikes/motorcycles/etc. after leaving the area, especially before going indoors.

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	✓	✓	✓

**Workers involved in culling operations should protect themselves.**

- Because of the high risk of exposure during the culling process, cullers should wear proper personal protective equipment such as protective clothing, masks, goggles, boots and gloves.
- Cullers should follow a decontamination procedure when taking off their protective equipment.
- Workers involved in mass culling operations, transportation and burial/incineration of carcasses should be vaccinated with the current human influenza vaccine (to avoid co-infection with avian and human strains of influenza).
- Individuals exposed to infected poultry or farms should be monitored closely by local health authorities.
- Thoroughly clean and disinfect equipment and vehicles (including tires and undercarriage) entering and leaving each farm
- Make sure all equipment used to cull birds is disposed of properly, or disinfected and stored away from other equipment and where children cannot get it.

PRE	OUTBREAK	POST
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