

TRANSLATION ONLY – NOT FOR DISTRIBUTION

WHAT TO DO TO PREVENT BIRD FLU FROM SPREADING TO HUMANS

1. Practice food hygiene:

- Do not slaughter or eat sick /dead poultry
- Eat only certified poultry meat and eggs
- Cook poultry and poultry products till well-done
- Do not eat raw blood pudding.

2. Minimize contact with sources of infection:

- Wear mask, gloves when handling poultry and poultry wastes, and when slaughtering poultry
- Do not let children have contact with poultry

3. Practice personal hygiene and watch your health:

- Wash hands with soap and clean water after contact with poultry and poultry products, before preparing food and before eating.
- Change clothes, wash/clean shoe soles/sandals daily
- If you have a high fever of over 38° C, cough, chest pain, breathing problem...go to the clinic/hospital immediately.

Be Active in protecting your family's and your health