

How to protect yourself from Bird Flu

Bird flu has been identified in some parts of our continent. Be careful. Bird flu can also infect people.

1. Avoid contact with sick poultry and wild birds

Avoid activities which may bring you in close contact with sick poultry and birds.

2. Avoid crowded areas

Avoid crowded areas, such as markets, entertainment places and public meetings during outbreaks.

Keep at least a metre from a person with flu-like symptoms.

Stay home if you are sick with flu-like symptoms.



3. It is safe to eat poultry. But take the following care:



- Check to be sure that the poultry you buy and slaughter is healthy and alert
- If you buy slaughtered poultry, ensure that it has been inspected and stamped by a veterinary officer.
- Cook poultry, eggs and other poultry products well before eating. Cook until the meat turns brown and has no traces of blood. Cook eggs until the inner content is hard.

4. Practice good personal hygiene

- Cover your mouth and nose when sneezing.
- Cough and sneeze in your sleeve, in a tissue or a handkerchief. Burn the tissue after use. Avoid re-using the handkerchief. Keep the handkerchief clean.

Avoid touching your mouth and eyes.



5. Wash hands with water and soap frequently

Wash hands with soap and water as often as possible, especially after:



- Handling, slaughtering or preparing poultry or wild birds for cooking.
- Cleaning the poultry house or touching poultry droppings.
- Handling poultry, eggs and poultry products.

6. Seek medical care

Seek medical care if you experience flu-like symptoms after contact with sick poultry or birds.

7. Separate sick people

If the person with bird flu is cared for at home, give the patient a room of his/her own. Only one family member should go into the room to care for the patient.

The windows of the room should remain open most of the time. If possible put on a fan to blow out the contaminated air.

The sick person should be advised to:

- Cover his/her nose when coughing or sneezing.
- Cover his/her nose when the person giving care comes into the room.
- Not share beddings, towels, eating utensils tooth brushes and cigarettes with other people.



For more information contact:

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