



**USAID**  
FROM THE AMERICAN PEOPLE

# AVIAN INFLUENZA:

## How to Protect Yourself and Prevent Outbreaks if You Sell Poultry, Other Birds, or Eggs at the Marketplace



### How does avian influenza spread?

Even though you cannot see it, the H5N1 virus (also known as avian influenza) can live in the feces (droppings), saliva, mucous, and blood of infected birds.

Anything that touches the infected poultry's droppings, saliva, mucous or blood can carry the virus. This could be shoes, clothing, cages, egg bins, knives, cutting boards, or other tools. Droppings and mucous can also stick to the feathers and feet of poultry—even if you cannot see it—and the virus can be spread that way, too.

The virus can also spread by contact with:

- Water or food that has touched infected birds or their droppings or feathers.
- Hay/thatch from animal pens used by infected poultry or birds

# Keep yourself safe by taking these steps.



## At the beginning of the day

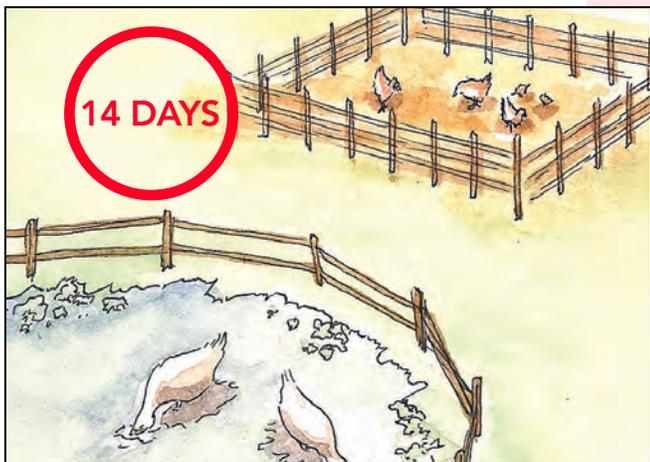
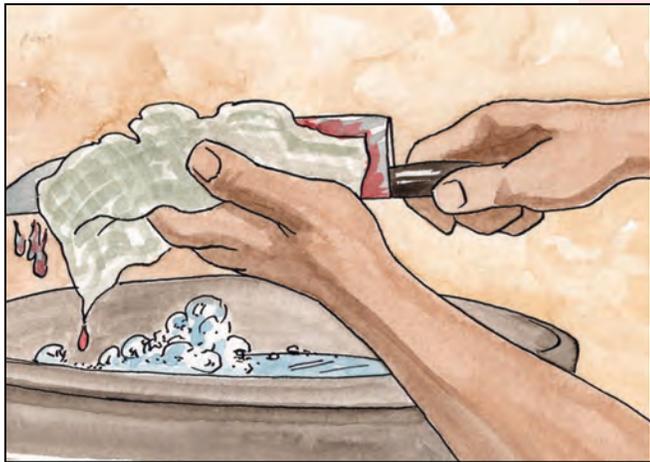
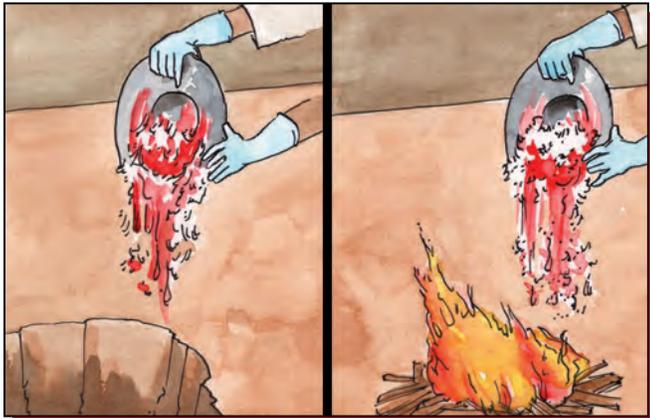
- **WASH** with soap and water areas that may have touched birds or equipment from other farms or markets. Use disinfectant if you have it.

## All day

- **DO NOT ALLOW YOUR BIRDS TO MINGLE WITH OTHER BIRDS** at the marketplace, especially ducks. They can be infected with avian influenza but not show signs.
- **WASH YOUR HANDS** with soap and water before and after touching poultry or other birds.
- **DO NOT SLAUGHTER OR PLUCK POULTRY AT THE OPEN MARKET** or other public places. Find a safe place to slaughter poultry, where customers are not exposed to the blood, feathers and other parts of the bird.
- **SELL AND SLAUGHTER ONLY HEALTHY BIRDS.** Do not sell birds that appear sick or that have suddenly died in large numbers. Do not sell or buy birds if you do not know where they came from.
- **FOLLOW ALL REGULATIONS** for stamping or labeling uncooked poultry to confirm food safety.



# Keep yourself safe by taking these steps.

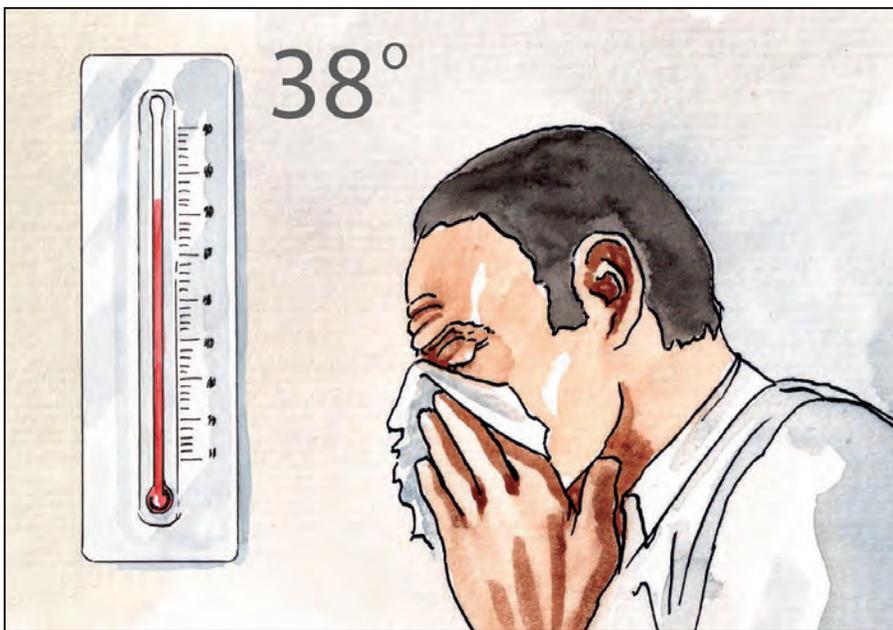


## At the end of the day

- **PROPERLY DISPOSE OF WASTE** from your birds, such as droppings, feathers and blood. Bury, burn or put the waste in a bag, and dispose in a trash bin with a lid that closes. Do not leave waste where children or animals can reach it.
- **WASH ALL PLACES YOUR BIRDS HAVE TOUCHED WITH SOAP AND WATER.** If you have slaughtered birds, make sure to also wash the knife and other tools that have blood on them.
- **CHANGE YOUR CLOTHING** and footwear before going home.
- If you bring your live birds back home from the market, it is recommended that you **KEEP THEM SEPARATE FROM THE REST OF YOUR POULTRY** and other animals **FOR AT LEAST 14 DAYS (2 weeks)**. This is to protect your other animals in case your birds accidentally became infected with avian influenza at the marketplace.

# Monitor your health.

If you come in contact with sick or dead birds,  
**MONITOR YOUR HEALTH** for at least **7 DAYS**.



**Visit a doctor or the nearest health facility as soon as possible if you have any of the following symptoms:**

- Fever over 38° C
- Sore throat or cough
- Trouble breathing

*Tell them that you have been in contact with sick or dead birds.*

## What is avian influenza?

Even though you cannot see it, the H5N1 virus (also called avian influenza) is a virus that all birds can get—chickens, ducks, turkeys, quails, geese, and swans. Avian influenza can spread quickly and cause sudden death in large numbers of birds.

People can also become sick with the H5N1 virus. That is why it is important to safely slaughter and prepare poultry for eating.

For more information about avian influenza, go to [www.avianflu.aed.org](http://www.avianflu.aed.org)