Always remember to MONITOR YOUR HEALTH FOR AT LEAST 7 DAYS after you find sick or dead birds.

Tell your local health care provider if you develop any of these symptoms:

- Fever over 38°C
- Sore throat or cough
- Respiratory distress or failure

Also tell them that you have been exposed to sick or dead birds.
HOW DO YOU PROTECT YOURSELF AND YOUR FAMILY?

Humans can be infected with avian (bird) influenza. One way to prevent this is to practice good personal and food hygiene.

- Wash your hands with soap and water (or ash) before and after touching poultry.
- Wear a mask or handkerchief when cleaning or sweeping your farmyard to avoid “breathing in” the virus from infected feces (droppings).
- Clean your farmyard every day.
- Eat only healthy poultry. Do not kill and eat sick poultry or poultry that has died from sudden illness.
- Make sure all poultry meat, eggs and blood are well cooked before eating them:
  - Meat should be cooked thoroughly so it is not pink, even in the middle.
  - Eggs should be cooked thoroughly so they are not runny or liquid-like.
  - Do not eat uncooked blood, including blood pudding.
  - Cook blood, organs and meat thoroughly before eating them.
- Wash your hands before and after preparing poultry for eating.
- Clean areas that have come into contact with poultry with disinfectant or soap and water.

There are other ways to avoid contact with the virus.
- Do not let poultry in your house. If you must keep poultry indoors, keep them away from where the family sleeps and eats.
- Do not let children play near the poultry pen or with poultry, especially sick or dead birds.
- Wear gloves and a mask or handkerchief over your mouth and nose when killing poultry to avoid contact with blood that might be infected.
- Bury poultry waste (feathers, unused organs, and blood) after killing poultry.

HOW DO YOU PROTECT YOUR ANIMALS FROM AVIAN (BIRD) INFLUENZA?

Avian (bird) influenza can be prevented!

To protect your animals, you should:

- Vaccinate your poultry, if your local officials recommend it, and follow their instructions. Although vaccination can help to prevent birds from getting sick or dying, they can still become infected and spread disease, even after they are vaccinated. So, even if you vaccinate your birds, it is important to do other things, such as the suggestions below, to protect them.
- Keep all poultry in a fenced area or enclosed building, away from other animals - especially from wild birds. Do not let poultry roam free. This will help to keep them away from wild and migratory birds that might be infected with avian (bird) influenza.
- Keep your chickens separated from any ducks (which can sometimes be infected with avian (bird) influenza but not show symptoms).
- Keep new poultry brought to your home separate (at least 1 meter) from the rest of your flock for at least 14 days (2 weeks) to make sure the new birds are not ill. The new poultry should also be in an enclosed space.
- Keep poultry away from any source of water that could have been infected by wild birds.
WHAT IS AVIAN (BIRD) INFLUENZA?

Avian influenza (or bird flu) is a virus that all birds can get. Some types of avian (bird) influenza, such as influenza A (H5N1), are very dangerous because they can spread quickly and cause sudden death in large numbers of birds. These include chickens, ducks, geese, turkeys, quails, pet birds and wild birds.

Even though it is mostly a bird disease, avian (bird) influenza can also infect pigs, dogs and cats. Humans can also get avian (bird) influenza, but this is rare. Avian (bird) influenza usually spreads from bird to bird, and not from human to human.

HOW DOES AVIAN (BIRD) INFLUENZA SPREAD?

The avian (bird) influenza virus can spread through contact with:

- Infected poultry – for example, if healthy poultry come into contact with infected poultry when roaming outside or if they are being kept in the same yard or pen as the infected birds.
- Infected wild birds.
- Feces, blood, mucous or feathers from infected poultry or wild birds.
- Water sources (such as rivers, lakes, or ponds) contaminated by feces and/or feathers of infected poultry or wild birds.
- Hay/thatch from animal pens used by infected poultry.
- Infected feed.

Avian (bird) influenza can also be spread by contact with virus brought in by people on their shoes, clothes, tools (hoe, shovel, cages, egg bins) and transportation (bicycle and motorbike tires).

WHAT DO YOU DO IF YOU FIND DEAD OR SICK BIRDS?

Contact the authorities immediately if you see poultry that suddenly become sick or die in large numbers. This can be a local animal health worker, agriculture extension worker or other local authority.

While you are waiting for the authorities, you should protect the rest of your animals by taking the sick and dead birds out of the flock:

- When removing the sick or dead birds, make sure you cover your hands (use gloves or plastic bags) and nose and mouth (use a mask or cloth).
- Pick up dead birds with a shovel or stick – do not touch them – and place them in a bag or other container away from other animals. Pick up sick birds with a shovel and place them in an area away from the flock.
- Clean the shovel and other tools used to move sick or dead birds with soap and water or disinfectant.
- Wash your hands with soap and water after handling sick or dead birds.
- Wash your shoes, especially the soles, and other items that came into contact with the sick or dead birds.
- Dead birds should NOT be thrown into a river, pond, or other water source, or left in the yard or open field.
You should clean the areas where poultry are kept every day. Contact with feces (droppings) is one of the main ways that animals can get avian (bird) influenza. You can reduce the chance of this happening if you:

- Clean or sweep feces from the yard or pen every day. To protect yourself, cover your mouth and nose with a mask or handkerchief, and wear gloves if possible.
- Burn or bury feathers, feces and other waste away from the farmyard and places that people and animals visit often. If you bury waste, bury it deep and use quicklime, so that animals (such as pigs, dogs, or cats) do not dig it up.
- Do not feed poultry waste to pigs, let poultry come close to it, or throw it in water.
- Clean farming tools with soap and water (or disinfectant, if you have it) every day.
- Give your birds clean feed and water every day.
- Do not use manure as fertilizer unless it is composted first. Composting should be done in a secure area – such as an enclosed shed – that birds, cats, dogs, pigs and other animals cannot access. It should be away from where people live, with at least 1 meter of ground between the pile and any water source (any run-off water from the decomposing material should be collected and treated).

People can carry the virus on their shoes, the tires of their vehicles, or on farm equipment. This can help the virus spread from one location to another. People can also accidentally bring infected animals home from other farms or markets. Infected birds can spread the disease before they begin to look sick.

To be safe, you should:
- Wash your hands with soap and water (or ash) before and after touching poultry.
- When anybody (including you and your family) enters or exits the farmyard, wash shoes, especially the soles, with soapy water (or disinfectant, if you have it) or give them clean shoes at farm gate.
- If your birds do not sell at the market, keep them separate for at least 14 days before you return them to the rest of your flock – just in case they have come in contact with the virus.
- Brush off or wash with soap and water anything that comes to your farmyard that may have touched poultry feces from another place (especially other farms or live-bird markets) so you don’t accidentally bring the virus home on your clothing, shoes, tools, cages and tires. Use disinfectant if you have it.