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.
When slaughtering, plucking and preparing poultry for eating.

Sell or prepare only healthy poultry

Do not prepare poultry that has died suddenly and in large numbers.

Find a safe place to slaughter birds.

Avoid slaughtering poultry in places where many people can come in contact with the blood, feathers, feces, and other parts of the birds, such as in the open market.
Keep yourself safe.

Avoid touching blood, mucous and droppings when you slaughter poultry.

If possible, use methods of slaughter that avoid making a lot of blood. It is better to kill birds by dislocating the neck than by cutting the neck.
Keep the slaughtering area clean.

**BEFORE and AFTER slaughtering:**

- Wash the area where you will slaughter or pluck poultry with soap and water. Any kind of soap is good. Use disinfectant or bleach solution if you have it.
- Wash your hands with soap and water.
- Wash knives, cutting boards, plates and other tools with soap and water. Use disinfectant or bleach solution if you have it.
After you have finished slaughtering or plucking poultry, make sure to:

- Dispose of waste by burying or burning it. You can also place it into a plastic bag and dispose in a garbage bin with a lid that closes. Do not throw waste into water or use as a fertilizer.

- Make sure that no blood, bird parts, knives or other tools are left behind where animals or other people can come in contact with them.
Cook all poultry meat well.

Keep clean when preparing poultry for eating.

- Wash hands well with soap and water, especially before and after you touch raw poultry or eggs.
- Do not touch your mouth, nose or eyes while handling raw poultry.
- After using them, wash knives, cutting boards, plates and other tools with soap and water. Use disinfectant or bleach solution if you have it.

- Keep raw poultry and eggs separate from cooked poultry and eggs. Use a different chopping board and utensils for the raw food and the cooked food.
- Do not use the same utensils for preparing poultry that you use for other foods unless you wash them well with soap and water (or disinfectant/bleach solution).
Separate raw and cooked poultry.

Cook all poultry meat well.

- Make sure all poultry meat, eggs and blood are cooked for a long time before they are eaten. The meat should reach a temperature of 73°C.
- There should be no pink meat or runny egg yolks.

After cooking poultry, place it on a clean plate or surface.

At the end of the day...

- Wash all food preparation areas with soap and hot water or disinfectant/bleach solution.
- If possible, change or clean your clothing and shoes before going home to remove blood, mucous, and feces from your body—even if you cannot see it.
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)