GUIDELINES FOR PREVENTION OF BIRD FLU (H5N1) IN POULTRY
AND IN HUMANS

1. **Bird Flu** (PG 3)

   1.1 **What is Bird Flu?**

   * Bird flu is an acute infectious disease caused by H5N1 virus
   * Bird flu is dangerous because it causes sudden, multiple deaths in poultry and it spreads quickly.
   * Chickens, ducks, geese, turkeys, quails, pet birds, wild birds and some animals can be infected by bird flu.
   * Bird flu may affect people and cause death in humans.

   1.2 **Characteristics of Bird Flu virus**

   - The virus can survive in feces and in the environment (water, soil…) for several weeks
   - The virus can still survive for a long time in cold temperatures.
   - The virus can be destroyed by cooking

2. **Prevention of Bird Flu Among Poultry** (PG 4)

2.1 **How can poultry be infected?** (Pg 4)

   Ways of getting infected by bird flu virus in poultry:

   - **From Direct 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.
     - infected wild birds for example in the rice fields
   - **From Indirect contact with:** (Pg 5)
     - Feces from infected poultry or wild birds
     - Water sources (lake, pond) contaminated by feces and/or feathers of infected poultry or wild birds
     - Hay/thatch from animal pens used by infected poultry
     - Contact with virus brought in by people who come from outbreak areas through their shoes, clothes, tools (hoe, shovel, cages, egg bins…) and transportation means (bicycle and motorbike tires…)
     - Infected feed
2.2  Common symptoms of Bird Flu in poultry (Pg 6)

We have to think about Bird Flu if there are the following symptoms:

- Poultry suddenly die in large numbers with or without clinical symptoms

- Poultry may have the following symptoms: (pg 7)
  - Lack of energy and appetite
  - Swollen and purple or bleeding combs, ruffled feathers
  - Bowed heads, grouping together
  - Breathing problems
  - Swelling in the head, eyelids
  - Bleeding on skin on areas where there are no feathers, especially on feet.
  - Decrease in the number of eggs laid
  - Diarrhea, dribbling, tears
  - Nervous disorder among chicks

Note: Poultry, such as duck, geese…may be infected by H5N1 virus without showing any symptoms.

2.3  How to prevent poultry- to- poultry transmission of Bird Flu ? (pg 8)

Bird Flu can be prevented! To protect poultry, you have to follow these practices:

- Keep poultry in pen or in enclosed place/fenced building all the time. Do not let poultry roam free.
- Do not keep different kinds of poultry in the same pen.
- Buy certified chicks/ducklings/young poultry only. Keep new poultry separate from existing flock for at least two weeks.
- If some poultry look sick, separate them immediately from the others.
- Wash hands with soap before and after touching poultry.
- Transport certified poultry only.
- Clean the farmyard around the poultry pen daily (Remove poultry feces, feathers, burn or bury them).
- Wash and disinfect poultry farming tools once a week, and disinfect pens using lime powder or other sterilizing chemicals.
- When anybody (including you and your family) enters the farmyard, wash shoe soles with soapy water or give them clean shoes at farm gate.
- Feed poultry well give them clean water
- Vaccinate poultry to reduce bird flu virus infection in poultry. However, vaccination of poultry needs to be complemented with the above practices.
2.4 What to do if you notice poultry dying suddenly and in large numbers? (pg 10)

- Report to village leaders and animal health workers (AHWs) and health workers immediately.
- Do not throw dead poultry away.
- Cull poultry, burn or bury carcasses under the direction of AHW. Wear protective gear (mask, gloves, boots, overalls and hat). Take a bath afterwards and wash all the clothes.
- Disinfect pens, cages and transportation means with Chloramine B, lime powder or other disinfectants.
- Clean shoes/sandals, tools, vehicle wheels and tires before entering and after leaving animal pen.
- Wash hands with soap before and after touching poultry.
- Change and wash clothes after contact with poultry
- Do not sell/buy and transport sick or dead poultry.

3. Prevention of Bird Flu in Humans (pg 15)

H5N1 virus may cause death in humans if the infected person is not treated immediately.

3.1 How is Bird Flu transmitted to humans? (pg 15)

People may be infected by H5N1 virus through:
- contact with infected poultry while handling, transporting, slaughtering, processing poultry, or with infected poultry feces.
- eating raw poultry blood pudding; undercooked poultry, eggs or poultry products.

3.2 Common symptoms:

The bird flu symptoms in humans are similar to those of the common flu, such as:
- Sudden onset of high temperatures/fever, continuous high fever of over 38°C.
- Difficulty in breathing
- Coughing
- Headache; pain in arms, legs, and back (the pain increases when coughing).
- There may be pain around the eyes or glands

The disease can progress rapidly and lead to serious breathing problems and deterioration of the body. The patient may die if he/she is not treated on time.
3.3 **How to prevent Animal-to-human transmission of Influenza A (H5N1)?** (pg 16)

At the moment, there is no vaccine to prevent the disease in humans and it is difficult to treat, therefore, prevention of bird flu is important. Poultry may seem healthy while carrying the H5N1 virus. To actively prevent bird flu we must follow these practices:

- **Practice personal and food hygiene**
  - Wash hands with soap and clean water after contact with poultry and poultry products, before preparing food and before eating
  - Buy certified poultry only
  - Do not eat raw blood pudding, undercooked poultry meat, eggs
  - Do not slaughter sick poultry
  - Do not eat sick or dead poultry.

- **Avoid contact with sources of infection** (pg 17)
  - Do not let children contact poultry or play near poultry pen.
  - Keep poultry out of the house.
  - Avoid unnecessary contact with poultry, even healthy poultry
  - Wear mask, gloves when contacting and slaughtering poultry.
  - Bury poultry wastes (feathers, organs, blood) after slaughtering.
  - Shower, change and wash clothing; wash shoes/sandals after contact with poultry

- **Seek treatment early** (pg 18)
  If you have a high fever, pain in the chest, difficulty in breathing, headache, muscle pain, go to the clinic or hospital immediately to have proper treatment. Do not buy medicine and take it without a doctor’s prescription.

3.4 **What to do when there is a human case of bird flu (H5N1)?** (pg 19)

* Take people who have a high fever to district or provincial hospital immediately.
* Do not buy medicines without a doctor's prescription.
* Avoid unnecessary contact with the person who has bird flu (H5N1). When contacting, wear protective gear.
* Avoid contact with spittle of other people.

3.5 **What to do if there is a Bird Flu Pandemic?** (pg 20)

- Get up-to-date information related to the pandemic from mass media or hotline.
- Stay at home if possible, avoid entering crowded places
- Limit contact with people and limit visitors.
- Keep clean: wash hands with soap frequently
- Drink clean water and eat well-cooked food
- Wear a mask if going out
- Cover mouth/using handkerchief or tissue when coughing, sneezing
- Do not go to outbreak areas
- Strictly avoid contact with poultry and people sick with bird flu.
- Go to hospital immediately if you have a high fever, coughing, body pain, difficulty in breathing
- Follow strictly the guidelines given by local authorities and medical officers.

4. **VIETNAM WOMEN’S UNION’S MEMBERS TO PARTICIPATE IN AI PREVENTION** (PG 21)

#### 4.1 When there is no AI outbreak:

- Communicate to families and local communities about AI and preventive measures for poultry and humans, disseminate the AI leaflet “Prevention of AI in poultry and in humans” through clubs, meetings with women and small group meetings in communities.
- Encourage women to practice hygiene and sanitation in homes, kitchens, backyards, farms, and public places.
- Be an outstanding example in having a clean and disinfected yard and farm.
- Encourage women to have their poultry vaccinated.
- Be vigilant, watch for and report any sudden and large number of deaths among poultry in your community.

#### 4.2 When there is an AI outbreak in your area: (pg 22)

- Educate and provide guidelines to people on how to prevent AI from spreading to humans. Encourage people to practice personal hygiene, limit contact with the source of the disease.
- Encourage women in AI outbreak areas to follow animal health workers’ guidelines in culling sick and dead poultry.
- Help to detect and report any new AI outbreaks to animal health workers, local authorities and health workers.
- Help to detect early any person with a high fever who has been in contact with sick poultry. Direct the person to the nearest health station for proper treatment.
- Help women to be active in protecting themselves and their families from AI by providing them with information and directing them to where they can obtain assistance.
- Avoid any type of panic.