WHAT WE CAN DO
to protect ourselves
from bird flu

1. Do not touch a sick or dead bird.

2. Announce sick or dead poultry to
the nearby agriculture officer or
animal health worker.

3. Always wash hands vigorously by
rubbing with soap and water after
coming in contact with birds or
places birds have been.

4. Avoid markets where poultry is
sold if you hear of an outbreak
of bird flu nearby.

5. Cook chicken meat
and eggs thoroughly.

6. Avoid all surfaces that
may have been contaminated
until they have been cleaned
and disinfected.