

AVIAN INFLUENZA PANDEMIC INFORMATION



Stuffy nose	Common	Wheezing	Runny stuffy nose and wheezing
Sneezing	usual	Sometimes	Very common
Sore throat	Common	Sometimes	Severe
Chest discomfort	Mild	Common	Severe
Cough	Moderate	Can become severe	Worsening with sputum

8 HOW DO YOU REDUCE YOUR RISK OF CONTRACTING AVIAN INFLUENZA

- Always wash hands with soap and water
- Inform yourself and others about influenza and maintain good health
- Keep away from others, especially when sick with flu symptoms
- Avoid contact with birds and poultry
- If a person feels sick after close contact with a bird, contact the nearest health facility immediately
- Cook chicken, meat and eggs thoroughly at 70°C
- Avoid backyard poultry.

Avoid touching sick or dead birds and report to the medical cell for advice, or call Laboratory LANADA: 20 22 58 38.

7 TREATMENT

• **Tamiflu:** an antiviral drug, effective within 48hrs after the first dose, reduces symptoms and complications.

- It can be taken as prevention or treatment.
- ONUCI has 17,600 caps of Tamiflu as emergency stock, and 25% of the required quantities for ONUCI Staff members.

- Vaccination not yet possible for H5N1.



1 WHAT IS AVIAN INFLUENZA ?

AI is a disease caused by a group of viruses affecting mainly birds.

- The germ is known as Influenza H5N1.
- It can survive for :
 - 30 days at 0°C
 - 5 min in 60°C
 - 1 min in 100°C.

2 MODE OF TRANSMISSION

The virus is transmitted especially by air to :

- **Birds, chickens, pigs.**
 - . Through air
 - . Through direct contact with respiratory secretions and feaces
 - . By indirect contact through food
- **Human**
 - . Air and essentially by close prolonged and repeated contact.
 - . Human to human is possible but exceptional.
- **In its critical phase it can become a worldwide pandemic with 100,000,000 deaths in a few days.**

3 WHAT ARE THE THREE TYPES OF INFLUENZA?

Seasonal influenza: Human viral respiratory infection

- Self-limiting, but can be serious and fatal in the elderly and the very young
- Occurs seasonally every year; occurs in winter in temperate areas
- Routine vaccine available.

Bird flu

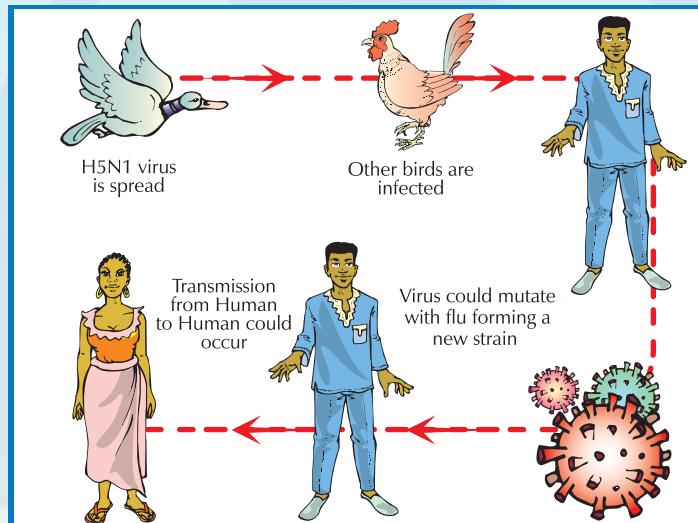
- Flu that appears specifically in birds.

Avian Influenza pandemic with H5N1 virus

- Virulent bird flu, very contagious.
- Spreads from bird to bird and can spread to human and worse from human to human.

4 HOW IS THE AVIAN INFLUENZA VIRUS SPREAD TO HUMANS?

- Through direct contact with infected poultry (chickens, ducks, turkeys).
- Through surfaces contaminated with secretions and droppings from infected birds.



5 HOW DO YOU RECOGNIZE THE SIGNS OF AVIAN INFLUENZA?

- During an avian influenza pandemic announced by WHO.
- Previous contact with poultry and birds
- Sudden onset of fever over 38°C degree (100.4 Fahrenheit degree).
- Headache, aching muscles, exhaustion and weakness, loss of appetite, sore throat, runny or stuffy nose, dry cough, difficulty breathing.

- Initial symptoms are much like seasonal flu, including a temperature above 38°C degree.

- Complications: Secondary infection, severe respiratory disturbance, septicaemia and death.

6 DIFFERENCE BETWEEN COMMON COLD, SEASONAL FLU AND AVIAN INFLUENZA (H5N1)

SYMPTOM	COMMON COLD	SEASONAL FLU	AVIAN INFLUENZA (H5N1)
Periodic	Common	Annually (Winter / Harmattan)	Rarely (3 times in 20th century) last in 1968
Fever	Rare	Temperatures above 38 degrees	Very high fever, persist and no improvement after 5 days
Headache	Rare	Common	Severe
General Pains	Slight	Often severe	Painful, difficulty breathing
Fatigue / weakness	Sometimes	Usual can last 2-3 weeks	Very common
Extreme exhaustion	Never	Usual at the beginning of the illness	Very common and accompanied with drowsiness, disorientation