**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.

**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.

**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.