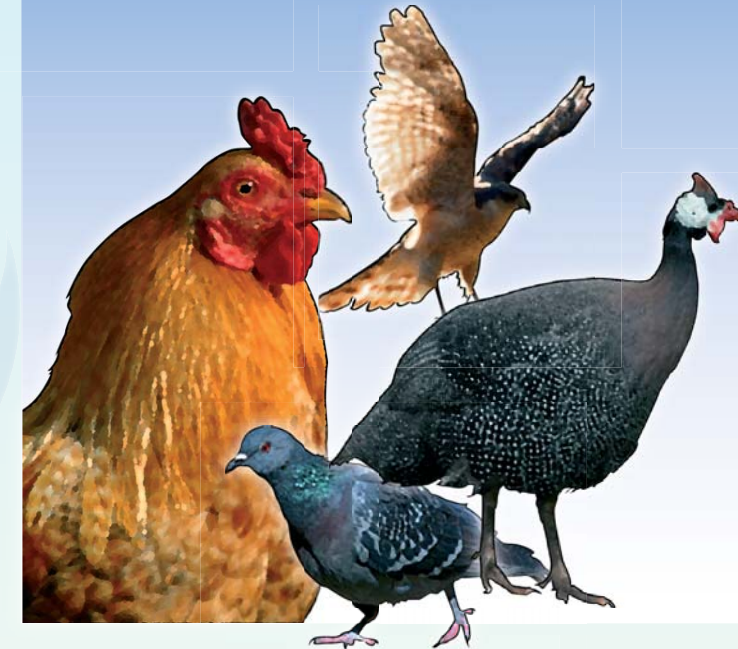




AVIAN INFLUENZA PANDEMIC INFORMATION



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.