

2 MODE OF TRANSMISSION

The virus is transmitted especially by air to :

- Birds, chickens, pigs.

- . Through air
- . Through direct contact with respiratory secretions and faeces
- . 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

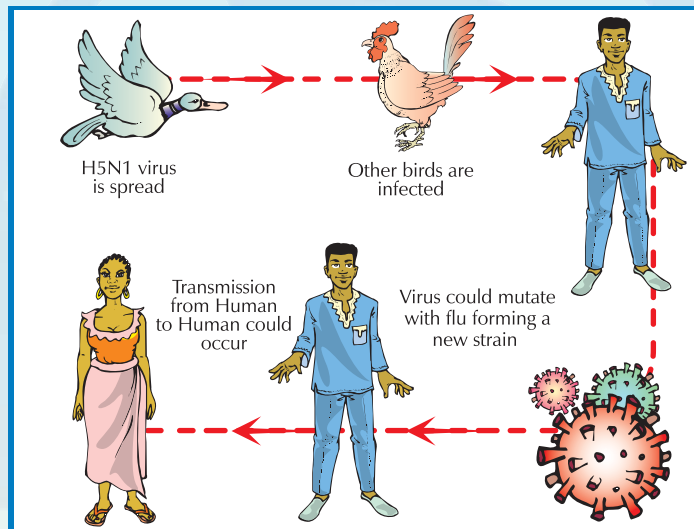
- Flu that appears specifically in birds.

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