**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.**

**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.

**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.

- Initial symptoms are much like seasonal flu, including a temperature above 38°C degree.
- Complications: Secondary infection, severe respiratory disturbance, septicaemia and death.

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

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

**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.