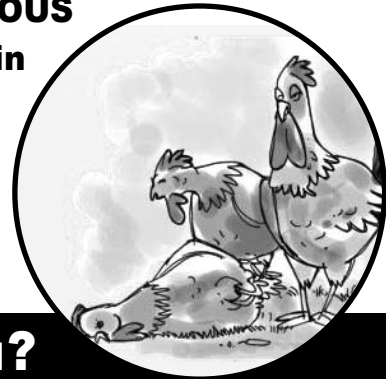


# Bird Flu

Avian  
Influenza  
H5N1

Bird Flu is a virus that lives in the faeces, saliva and blood of birds. People can catch the disease from birds who have the virus. **IT IS A VERY DANGEROUS DISEASE.** Most people who have contracted Bird Flu were in contact with sick chickens (removed feathers, killed chickens, children playing around sick or dying chickens). Several people have died from Bird Flu on Bali. Indonesia has the highest death toll from Bird Flu in the world. Bird Flu has been in Bali since 2003.



## How can you get Bird Flu?

Bird Flu (Avian Influenza H5N1) is a virus that can be passed between birds, and from birds to humans, through close contact with infected birds and / or by breathing air that has been infected by the virus. **The risk of Bird Flu to people is very low.** Most Bird Flu cases are from people having direct contact with birds (chicken, ducks and other birds) or places contaminated by infected birds. **The spread of bird flu from one sick person to another is extremely rare.**



## The symptoms of Bird Flu are

**FOR BIRDS** - combs turn blue, wounds on feet / legs, sudden death. **FOR HUMANS** - Flu symptoms (fever, cough, sore throat, muscle ache), eye infections, pneumonia, respiratory diseases etc.



**IMMEDIATELY CONSULT YOUR DOCTOR IF YOU OR SOMEONE YOU KNOW DEVELOPS A FLU-LIKE ILLNESS AFTER CONTACT WITH BIRDS**

## What can you do to stop the spread of Bird Flu on Bali?

1. Watch carefully for birds that get sick or die quickly. Report to local officials (Community Leader & Village Head) and ensure that they report the occurrence to the Department of Health.
2. Listen carefully to all Bird Flu warnings given by the local officials. Children & adults should watch, discuss and follow instruction on related TV announcements.
3. Do not illegally import any kind of birds from outside Bali.
4. Follow all instructions for safe and sanitary culling of birds, including thorough & proper burning.
5. Report any suspected cases of human Bird Flu to health providers and Department of Health **IMMEDIATELY.**

# How to Avoid Getting Bird Flu

## HANDLING BIRDS



Do not touch or handle sick birds, or birds that have died unexpectedly. Don't remove feathers, kill or handle infected birds in homes.

**Children should not be allowed to touch, carry or play with birds.** They should be taught to NEVER touch dead birds and to tell adults about any dead birds they might find.

Clean any bird cages or places where birds are kept with disinfectant regularly. Remove bird droppings and disinfect the area where they have been everyday. Disinfectant can be made from 1 part bleach (Bayclin) to 5 parts water.

Always wash your hands with disinfectant soap (Sabon Dettol) & water after handling birds or places where birds are kept. Wash your hands thoroughly for at least 15-20 seconds. **Proper hand washing destroys the Bird Flu virus.**

Wear a mask or cover your nose & mouth with a thick cloth when handling birds and be careful not to rub your eyes, nose or mouth after touching birds.

## ABOUT FOOD



If you buy poultry check and make sure it looks healthy and doesn't have any signs of bird flu illness.

Cook bird meat, eggs and blood well (at least 80°c for one minute) before eating it. **DO NOT eat raw bird products.**

Keep raw bird products (eggs, meat, blood etc) completely separate from other food.

Thoroughly wash egg shells & check that yokes are not runny before using eggs.

If you use vegetables that might be from an area with Bird Flu: wash them in clean water for 15 minutes, then wash again under running water. Cook all the vegetables thoroughly. **Steaming vegetables kills viruses.**



## BIRD FLU AREAS

Avoid contact with chickens and ducks and avoid places where birds are sold or slaughtered, including poultry farms & bird markets. Avoid handling surfaces contaminated with bird faeces or secretions.

Don't use bird manure for fertilizer.

Report any unusual bird deaths to the Kepala Desa / Kepala Banjar in your area and make sure they notify the Health Department.

Be careful when disposing of dead birds, do not touch them with your hands or feet and cover your mouth and nose. Burn all birds which have been culled.

Ask your local veterinarian or health official for vaccinations to protect healthy birds from contracting the virus.

**Immediately consult a doctor if you or someone you know develops a flu-like illness after contact with birds. Visit the nearest health centre or hospital for check-up and treatment. Explain to the doctor the contact with sick, dying or dead birds.**