



Protect yourself,  
your family,  
your community and  
your poultry against

# Bird flu



**Healthy Poultry, Healthy People. Together We Can Fight Bird Flu**

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## What is Bird Flu?



Bird flu is a new highly contagious disease of birds that can spread easily and rapidly among birds.

Unlike Newcastle disease, bird flu is caused by a virus which can be transmitted very quickly and can cause serious economic losses to the poultry industry and backyard farms. Worse yet, it can infect and kill people. It has already killed people in the Lao PDR.

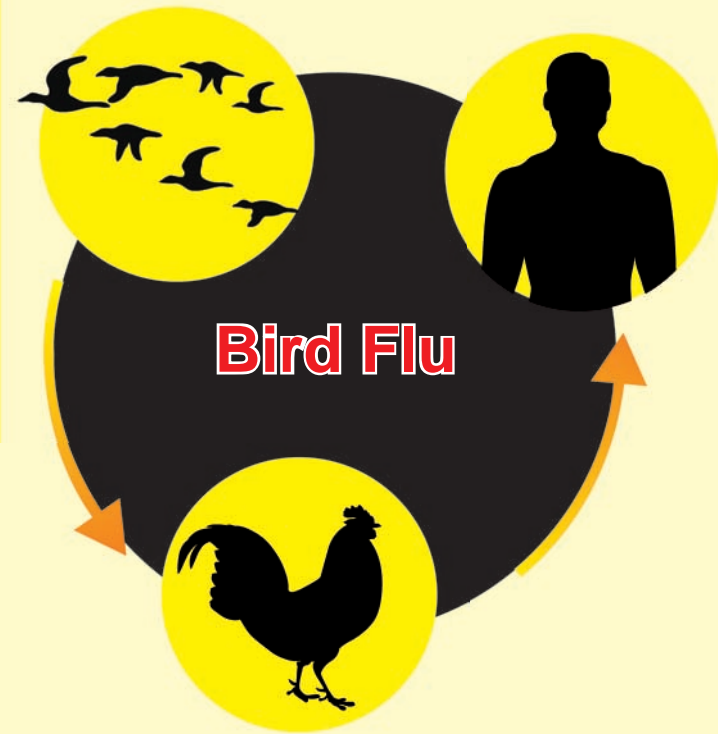
Experts are now concerned that if the disease changes and becomes easily transmissible between people, it could result in a pandemic flu virus worldwide. The last such large pandemic killed an estimated 50 million people.

Reading and complying with the instructions in this booklet is highly important in order to protect yourself, your family, your community and your poultry.

## How is Bird Flu transmitted to humans?

The bird flu virus can be transmitted from poultry to humans through contact with infected poultry, any of their body parts and secretions (including feces and feathers). This can happen:

1. Through direct contact with infected poultry (when handling, touching, slaughtering, transporting or selling). Children can be infected when playing with poultry.
2. By eating infected poultry (which is not thoroughly cooked)



## What are the symptoms of a person infected with bird flu?

Symptoms of bird flu in humans are often sudden and include:

- High fever (over 38 degrees C)
- Cough
- Shortness of breath
- Sore throat
- Headache
- Muscle aches
- Diarrhea
- Exhaustion

If you have any of these symptoms after having contact with poultry or poultry products, see a doctor immediately.

Infected people will experience breathing difficulties and respiratory breakdown. It can be fatal if not treated immediately.



# How to protect yourself and your family against Bird Flu?

Follow 4 basic steps:

## 1. Practice Good Hygiene

- Do not eat sick or dead poultry.
- Wash your hands with soap and clean water after contact with poultry, before preparing food, before eating, and after using the toilet.
- Cover your mouth with a handkerchief (or upper arm) when coughing and sneezing. Wash your hands afterwards.
- Only eat poultry meat and by-products from identified sources.
- Use separate chopping boards when preparing raw poultry and cooked poultry. Cook all poultry and poultry products **THOROUGHLY** (do not eat pink meat, runny eggs or raw duck blood). Wash cutting boards and utensils with soap immediately after use.
- Wash eggs in soapy water before cooking and wash your hands afterwards.



## 2. Avoid all unnecessary contact with poultry

The greatest risk of infection is through the handling of and slaughtering live and dead infected poultry



- Minimize the number of family members working with poultry. Children should not work with and touch poultry, whether alive or dead.
- Do not let poultry enter your house.
- Keep pregnant women and sick people away from birds and poultry and do not let them collect the eggs.
- Do not bury dead chickens/ducks with your bare hands. Put on gloves or cover your hands with plastic bags if gloves are not available, and wash hands with soap and water afterwards.
- Change and wash your clothes afterwards, if possible.
- Bury feathers and other waste away from your farmyard.
- Bury carcasses as deeply as possible (no access to dogs or cats)
- Strictly follow all regulations imposed by the local authorities on raising, trading, slaughtering and transport of poultry.

## If you slaughter poultry at home, use the following safe poultry slaughtering precautions:

- Never slaughter sick or dead poultry.
- If possible, wear a face mask (N95) that covers your nose and mouth. Also, change your shoes when entering a poultry coop.
- Minimize your contact with feathers, blood and internal organs.
- Wash your hands with soap thoroughly after slaughtering.
- Afterwards, clean the slaughtering place thoroughly with soapy water or detergent.



### 3. Keep yourself healthy

- Keep a good diet and get sufficient rest.
- Do physical exercise, keep warm.



### 4. If after you have contact with poultry and you have symptoms such as:

fever (more than 38 degrees C), cough, chest pain, difficulty breathing, headache, muscle aches and exhaustion; go to the nearest medical centre immediately to have a medical check and treatment.



## How is Bird Flu transmitted to poultry?



- Bird flu can infect all types of poultry such as chickens, ducks, quails, geese, turkeys, pigeons, and a variety of other wild birds.
- Bird flu looks like the other usual diseases killing poultry every year such as New Castle and Fowl Cholera, but bird flu is caused by a new virus. Poultry infected with bird flu will die more rapidly and massively.

The disease spreads very rapidly through poultry flocks killing 90 to 100 percent of infected birds, often within 48 hours, especially chickens. However, it should be noted that ducks can carry the disease but may not show any symptoms and may not die, and therefore can infect other birds.

### **Bird flu is transmitted to healthy poultry via two ways:**

- Direct contact with sick poultry
- Contact with their by-products or body parts including, feces and feathers

## How do you protect your poultry from Bird Flu?

To protect your healthy poultry, follow these simple instructions:

### 1. Avoid potentially sick poultry from having contact with healthy poultry

- When you bring new poultry on to your farm or poultry coop, keep them separate from your flock for 2 weeks.
- If you brought birds to the market and you have not sold them, do not put them back with the others: keep them in an isolated cage for 2 weeks.
- Discourage wild birds from coming near your poultry.
- Try to keep poultry housed at night and separated as much as possible, also feed your poultry well and give them clean water.
- Keep chickens separated from ducks and from pigs.
- Avoid contact between healthy and sick poultry, keep the sick ones isolated and always handle the healthy ones first.
- Vaccinate your poultry against other common diseases.

Remember that adding paracetamol, antibiotics or herbs to poultry feed will not protect them from bird flu.



## 2. Good hygiene practices will protect your poultry from diseases:

- Clean the poultry areas/backyards once per day.
- Clean the poultry pen once per week and compost the manure.
- Wash your baskets, shoes, clothes and equipment with soap after use.
- Wash your hands with soap before and after handling poultry.

It is very important to clean poultry houses, cages, and farming tools properly. You can disinfect with lime. Direct application of disinfectants on dirty surfaces has no effect unless dirt manure is cleaned away first.



## What are signs of Bird Flu in poultry?

Bird flu symptoms vary and are influenced by many factors especially by species. Often birds suddenly die in high numbers without exhibiting prior symptoms. In some other cases one or more of the following signs are shown:

- Depression, lack of appetite, ruffled feathers, weakness and a staggering gait.
- Laying of unusual soft-shelled eggs or interruption of laying.
- Sitting or walking in a semi-comatose state with heads touching the ground.
- Watery diarrhea and excessive thirst.
- Difficulty breathing.
- Bleeding on unfeathered areas of skin. Swollen wattles, combs, and legs that may show purple spots.
- Drooling .

Ducks can be infected but rarely show signs of disease, and although they may appear healthy, they can infect other poultry as well as people.



## How to prevent the spread of Bird Flu?

Poultry that has been infected with or died from bird flu can be very dangerous, not only for your poultry but also for your family and community. If your poultry become infected, your preventive behavior and actions can help control the outbreak and help to stop the disease from spreading in your village and to others.



### If you notice **dead** birds in your poultry farm/pen:

- Do not touch them with bare hands (use gloves or plastic bags)
- Do not throw them into the environment or rivers
- Do not let anybody come close to the flock, especially children
- Report immediately to the VVW and village chief. Let the authorities dispose of the carcasses. You should help only if they ask
- Do not use them as feed to other animals
- Do not move or sell the rest of the living poultry

## If you notice **sick** birds in your poultry farm/pen:

If they are enclosed, put them in a separate pen

- If they roam freely put them in a closed pen
- Do not let anybody come close to the flock, especially children
- Do not touch them, but if you must, put gloves or plastic bags on your hands
- Report immediately to your VVW and village chief.
- Do not move or sell sick or dead poultry
- Do not slaughter them, do not eat them

You should also call the bird flu information centre at 166 (toll-free hotline) to report any dead or sick birds.



## Why can culling take place?

One of the most effective means to control the spread of the disease is culling both infected and uninfected poultry within a radius of 1 Km. Culling can only be ordered by governmental authorities to protect humans and to stop the disease outbreak.



Do not cull your poultry yourself, rather report the case to VVW and village chief and help them only if they ask you.

Culling should only be conducted when wearing full protective equipment (see picture). When you have finished you must take a thorough bath and wash your clothes thoroughly.

The authorities will determine the culling area. If your village falls within the culling area, the relevant teams will follow the sequences below:

1. One day before the culling operation, your cooperation will be needed to confine all your poultry and not to let them out.
2. The culling team will kill the poultry.
3. The culling team will put carcasses in a bag
4. The disposal team will place them in a pit, disinfect and close the pit with soil
5. Don't go to the areas of the pits for three weeks
6. The disinfection team will disinfect all places where poultry were kept.

## How to dispose of poultry manure after culling?

Poultry manure (feces/feathers) from your poultry farm/ pen can be infected with the virus, the only safe disposal of manure is to bury or burn it.

- Do not throw poultry manure into ponds or water sources, such as rivers
- Do not release it into the environment



## Remember

- Cook poultry meat and poultry products thoroughly (no pink meat, no runny eggs, no raw duck blood)
- Wash your hands with soap after slaughtering poultry, before and after contact with poultry
- Separate different species of poultry and protect them from wild birds
- Avoid contact with sick or dead poultry, report immediately to village chief or VVW, or call the bird flu hotline 166 (free call).
- Handle and slaughter all poultry safely by wearing a mask and gloves and by using disinfectant
- If you or someone else displays symptoms after contact with poultry or eating poultry products, go to see a doctor immediately

### When sick or dead birds found...



To protect yourself, your family and your community from bird flu, please strictly follow the instructions given in this booklet and carefully listen to advice from local authorities, health workers and veterinarians.

You can get further information by calling toll-free 166 (hotline with no charge).



**JAPAN**  
From the People of Japan

in collaboration with CARE and AED

