

## Health Care (Preventing and Controlling Influenza N5H1 Virus from Birds)

Dr. Maher Hendi

Medical College, Yangzhou University

**ABSTRACT:** The main health risk currently is to people who are in close contact with infected poultry, such as families with backyard flocks And poultry workers in wet markets or live animal markets. Globally, the evidence demonstrates that there is no risk of Infection when birds and eggs are well-cooked, as this kills the Virus. Poultry products are important sources of protein throughout the world. M.D, Dr .MaherHendi  
“In addition to drugs and vaccine, certain public health interventions must be included in the AI preparedness plans. We should help educate people to protect their own health, through information and communication. We should develop educational messages that are easily understood by lay people, addressing the need for improved hygiene, sanitation and food safety. These messages should be translated into local languages, and disseminated widely.”

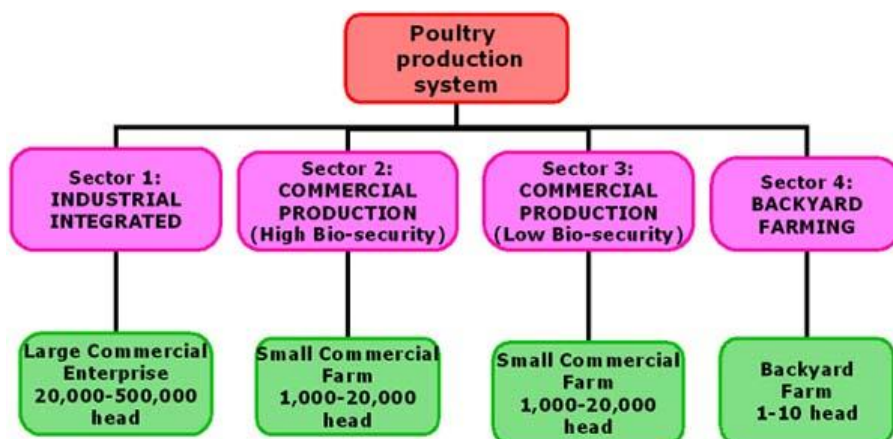
### I. INTRODUCTION

This Manual has been developed to help strengthen the capacity of Member States in implementing effective public health interventions to prevent and control the spread of Avian Influenza (AI) at source. The Manual attempts to provide simple, yet valuable, public health related measures that will not only improve and enhance biosecurity at critical stages of the food supply chain (production, transportation, marketing and consumption), but also ensure that the potential transmission of Avian Influenza virus from animals to humans is considerably reduced.

Biosecurity includes the management of all biological and environmental health risks associated with food.

#### Direct and indirect factors facilitating the spread of the AV Influenza virus

- [1] based on farm biosecurity and the system used to market products,
- [2] Village, peri-urban or urban backyard production with minimal biosecurity and birds/products consumed locally
- [3] Commercial poultry production system e.g. farms with birds kept indoors continuously; strictly preventing contact with other poultry or wildlife



#### High-risk farming

Some of the salient high-risk farming practices prevalent in South-East Asia and possibly contributing to the spread of Avian Influenza are:

- . Farming of multiple species of animals
- . Use of untreated chicken faeces as fertilizer or livestock feed



**Live animal market**

A live animal market or "wet market" is a place where members of the public go to buy small animals and birds that are: ♦ live and slaughtered there ♦ live and taken home to be slaughtered or ♦ already slaughtered and sold as meat.



**Taking action to enhance biosecurity all along the food chain**

1. Keep the wild birds away – It is important to keep wild birds and ducks, natural reservoirs of the virus, off farms.
2. Avoid multi-age poultry farms as partial sale of birds from commercial farms presents a greater biosecurity risk.
3. Proper vaccination of domestic poultry
4. Prevent movement of poultry from one farm to another as H5N1 infected birds
5. Clean and disinfect the premises
6. Obtain feed from a clean, dependable source. Store feed properly so that it is bird-proof, insect-proof, and rodent proof.
7. Use only clean and disinfected transport vehicles for movement of poultry and eggs.

### **Protection of human beings**

#### **1. How are people infected?**

Direct contact with an infected bird, poultry, or spaces and surfaces and objects contaminated by their faeces, is presently considered the main route of human infection. As infected birds shed large quantities of virus in their faeces, opportunities for exposure to infected droppings or to environments contaminated by the virus are abundant under such conditions. Exposure is considered most likely during slaughtering, defeathering, butchering, and preparation of poultry for cooking.

## **II. HOW DO YOU KNOW IF YOU ARE INFECTED?**

Be aware of the early clinical symptoms of H5N1 infection, but also know that many other common diseases - of far less concern - will show similar early symptoms.

Most patients infected with the H5N1 virus show initial symptoms of fever (38.0 C or higher) followed by influenza-like respiratory symptoms, including cough, rhinorrhea, sore throat, and (less frequently) shortness of breath. Watery diarrhea is often present in the early stages of illness, and may precede respiratory symptoms by up to one week. Gastrointestinal symptoms (abdominal pain, vomiting) and headache may occur.

. Check for these signs (especially fever) each day during potential exposure and for 14 days after last exposure. ♦ Communicate any symptoms to a designated local physician and provide background information on history of exposure

## **III. KEYS GENERAL PUBLIC HEALTH**

Avoid slaughtering live poultry and birds at home / food service establishments.

- ♦ Slaughtering, de-feathering and degutting poultry / birds can be risky if the poultry / bird are infected.
- ♦ Buy processed, chilled and hygienically packed raw poultry meat from an established and reputed market place. Keep clean
- ♦ when preparing food, practice good hygiene. Clean and sanitize the work surface, equipment and utensils and wash hands frequently. Separate raw and cooked
- ♦ Separate raw meat from cooked meat and other cooked food. Use separate equipment and utensils such as knives and chopping boards for raw foods. Cook thoroughly
- ♦ for cooked meat and poultry to be safe, their juices must run clear and no parts of the meat should be red or pink.
- ♦ Ensure thorough boiling / roasting / frying (core temperature of food should be more than 70°C) as this kills the virus and other pathogens too.
- ♦ Do not prepare and consume specialty raw dishes made from birds and poultry raw meat and blood.
- ♦ Eggs can contain the virus both on the outside (shell) and the inside (whites and yolk). Eggs from areas with Avian Influenza outbreaks in poultry should not be consumed raw or partially cooked (runny yolk); uncooked eggs should not be used in foods that will not be cooked, baked or heat-treated in other ways.