

8 Key public health messages

Key public health messages for the general public

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 speciality 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.

Key public health messages for the public in affected areas³⁰

- ◆ Avoid contact with chickens, ducks or other birds unless necessary.
- ◆ Keep children away from poultry and their waste or feathers.
- ◆ Do not keep birds as pets.
- ◆ If you touch poultry or poultry faeces from affected areas, or walk on soil contaminated with faeces, wash hands with soap and water. Clean shoes outside the house. Seek medical help if you feel unwell.

Key public health messages for professional cullers (And people handling diseased birds or decontaminating farms)

- ◆ Wear protective clothing (mask, goggles, gown, rubber boots and gloves). If unavailable, cover mouth with a cloth and hands and shoes with plastic bags, tied with string. Wash or dispose clothing.
- ◆ Dispose of diseased birds properly by burying bird carcasses and faeces at a depth of at least 1 metre. Avoid generating dust. Clean the area well with detergent.
- ◆ All persons who have been in close contact with the infected animals should wash their hands with soap and potable water and disinfect frequently.

Key messages for Local Health Authorities

- ◆ All persons exposed to infected chickens or to farms or to live animal markets under suspicion should be under close monitoring by local health authorities.
- ◆ It is recommended that persons at specific risk of inhaling possible infected material (e.g. cullers and farmers involved in mass culling at commercial farms, workers at centralized live animal markets) receive prophylaxis with antivirals³.
- ◆ Such persons should also be vaccinated with influenza vaccine to avoid simultaneous infection by human influenza and Avian Influenza and to minimize the possibility of a re-assortment of the virus's genes.
- ◆ Persons at high risk for severe complications of influenza (e.g. immunocompromised, over 60 years old, or with known chronic heart or lung disease) should not be allowed to work in the high risk areas (e.g. culling, slaughtering).
- ◆ There should be a serological surveillance of exposed animal workers and veterinarians.