

## Active prevention among people

### In relation to people

- Reinforce customary hygiene rules, such as washing hands and food.
- Hunters should not handle dead wild birds with their bare hands.
- At risk professionals (poultry farmers, veterinarians, livestock technicians...) should have protective equipment at their disposal (gloves, masks, goggles, overalls) and should use them whenever there is the slightest risk. In case of exposure to suspect birds or products, they should consult a doctor without delay.
- Leave specific clothes (shoes, jackets...) at one's work site, and wash equipment regularly.
- In the kitchen, wear gloves to pluck, clean, and cut up birds. Wash hands with soap before and after handling poultry carcasses. The consumption of poultry meat requires proper cooking (70°C for at least one second in the heart of the meat); the same principal applies to eggs.
- Forbid access to bird-stock buildings to people not working on the farm who could contaminate birds through their clothes, shoes, or hands (veterinarians, technicians...). Protective clothing must be put at their disposal.
- Footbaths (to disinfect feet and shoes) must be available at the entrance of each building and be maintained (disinfectants renewed every other day).
- Require hand washing before and after entering areas where animals are kept.



*Transport of poultry in a cage on a motorcycle in Vietnam, 2002*  
Doan Hong, Projet PCP - Malica / Paule Moustier of the Fruit and Horticulture Department (Flhor) © Cirad

## **Stringent bio-security**

Even in the absence of an outbreak or of suspect cases, sanitary precautions must be strictly observed along the entire production chain, from farms or cooperatives to slaughterhouses, without overlooking food preparation factories or means of transport. For example, eggs must not be sold less than 4 days after being laid in order to leave time for possible diseases in incubation to manifest. If such is the case, this allows the eggs to be withdrawn from the distribution chain. When the risk of avian influenza is high, these measures are reinforced.



*Flight of whistling ducks in Niger, 2006 - Alexandre Caron, © Cirad*

## **Antiviral treatments**

Access to antiviral medicines is difficult for populations in developing countries – the people most vulnerable to avian flu. If a human case is suspected, the sick person must be taken immediately to a hospital as the antiviral treatment is only effective if it is administered within several hours of the first sign of symptoms.