

## Improve prevention of the influenza

The Taiwan Centers of Disease Control's  
(Taiwan CDC's) website :  
<http://www.cdc.gov.tw>

The Council of Agriculture's website :  
<http://www.coa.gov.tw>

Case reporting and counseling hotline  
for the general public operated by the  
Taiwan Centers of Disease Control :  
**1922**

### Kind reminders from the Taiwan Centers of Disease Control :

When traveling to areas affected  
by avian influenza, avoid visiting  
poultry slaughter house, poultry  
farm, and live poultry market.  
In addition, avoid feeding or  
touching birds.

# Stay away from poultry while traveling

Ward off avian influenza, enjoy traveling abroad !

Stay away from poultry



cooked thoroughly



Frequent hand wash



self-monitoring health status



Consultation hotline



The only thing left after the journey is  
the exquisite memory

Case reporting and counseling hotline ☎ 1922  
<http://www.cdc.gov.tw>



Taiwan Centers of Disease Control, Department of Health  
(Taiwan CDC)





## Strategies to prevent avian influenza

### Understand avian influenza

Avian influenza virus is a kind of influenza virus that can infect wild birds and domestic fowls such as chicken, turkey, duck and goose.

Since 2003, more than 10 countries, including Cambodia, China, Indonesia, Thailand, and Vietnam, have reported infections cases of avian influenza with an average **fatality rate of over 60%**.

Numerous subtypes of avian influenza virus used to be transmitted among fowls. Since 1997, due to genetic mutation, a **few cases of transmission from poultry to human have occurred**.

At the moment, no case of sustained human to human transmission of the avian influenza infection has been reported. Nevertheless, once the avian influenza virus adapted to the human body, it could lead to a devastating human influenza pandemic spreading around the world!

Avian influenza virus can survive quite a long period in the environment, particularly at low temperature. For example, the virus can survive for 35 days at low temperature (4°C) in droppings of fowls, and 6 days in poultry meat at room temperature (37°C).

Common approaches to deactivate avian influenza virus are:

1. **Heating** : heating at **60°C for 30 minutes or heating above 70°C (in all parts of the food)**.
2. **Ordinary disinfectants** : formalin, iodine compounds or sodium hypochlorite.



# H5N1

### Transmission of avian influenza virus

Avian influenza viruses may be transmitted through direct contact with infected poultry, their excrements or subjects contaminated by the feces via inhalation or contact with mucous membrane of the eyes, mouth, and nose.

Not only could the virus exist in infected poultry, but it could exist on the surface of contaminated apparatus, vessel, forage, bird cage or cloth, and shoes. As a result, transmission of the virus can occur within infected farms. On the other hand, studies revealed that **avian influenza virus can also exist on the surface of egg shell, egg yolk and egg white**.

According to the publication issued by the World Health Organization (WHO) concerning human infection with avian influenza, at least 60% of the confirmed cases have had contact with poultry. Therefore, one should **refrain from contact with birds while visiting areas affected by avian influenza**.

### Progression of avian influenza infection



Once a person acquires avian influenza, the disease progression is very fast with high mortality. The **incubation period of avian influenza is about 2 to 8 days, but could be as long as 17 days**.

**Initial symptoms of avian influenza include fever ( $\geq 38^{\circ}\text{C}$ ) and other symptoms similar to influenza such as cough, headache, muscle ache, and fatigue.** Some patients in early stage could also develop symptoms such as **diarrhea, vomiting, abdominal pain, chest pain, and nose and gums bleeding**. The infection could quickly expand to lower respiratory tract and severe case could even lead to fatality.

## Tips to prevent influenza

### When traveling to areas affected by avian influenza

Have a good knowledge of the epidemic situation of the destination to be visited before going abroad.

Avoid visiting poultry slaughter house, poultry farm, and live poultry market. Also, **avoid feeding birds**.

Observe personal hygiene. **Keep the habit of frequent hand washing**. Use hand sanitizer with alcohol (above 60%) when regular hand washing is not an option.

**Do not touch poultry and their excrement**. Should one come into contact with poultry and their excrement, wash hands immediately and thoroughly with soap.

Meat and egg should be **cooked thoroughly** prior to intake.

Should one develop symptoms such as fever, cough, sore throat, and conjunctivitis during the trip, please report to the tour group leader immediately. In addition, **wear a mask to cover one's nose and mouth and seek medical attention as soon as possible**.

**Never bring birds back to Taiwan.**



### Returning from visiting areas affected by avian influenza

Should one have felt unwell during the trip, please fill out the "Communicable Disease Survey Form" and submit to quarantine officers when returning to Taiwan.

After returning from areas affected by avian influenza, please measure body temperature twice everyday, once in the morning and once in the evening **for the following seven days as a measure for self-monitoring of health status**.

Please put on a mask if influenza-like symptoms such as fever ( $\geq 38^{\circ}\text{C}$ ), cough and sore throat develop. Please report to the local Health authority and inform the physician of the followings:

1. symptoms,
2. recent travel history,
3. history of contacting poultry.