



Bird Flu

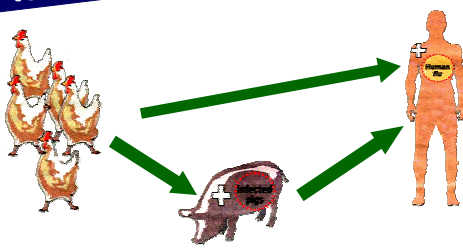
What is Bird Flu?

It is an infectious disease caused by **Bird Flu Virus (H5N1 Influenza A Virus)**.



- Bird Flu affects mainly the domestic poultry (chickens, ducks, etc.) and less commonly in animals like pigs.
- Very occasionally, humans may also be infected with this virus.

How does Bird Flu spread to Humans ?



By close contact with -

- infected poultry (chickens, ducks etc.) and their droppings.
- pigs
- surfaces contaminated by infected birds and their droppings.

Till now, there is no evidence of sustained human-to-human transmission in India or elsewhere.

Common Symptoms of Bird Flu in Humans

- Fever (38°C or higher)
- Sore throat
- Cough
- Muscle aches
- Difficulty in breathing, pneumonia
- Pain in abdomen, diarrhoea

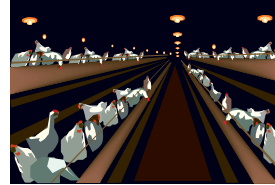
History of exposure / Contact with infected poultry

How does Bird Flu spread in Birds?

Bird Flu spreads From infected birds to other birds through contact:

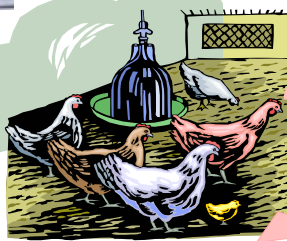
- Contact with nasal and respiratory secretions

- Contact with faeces of infected birds



- Contamination of feed and water

- Contact with contaminated equipments



Signs in Birds infected with Bird Flu Virus

- ⊕ Lack of energy and appetite
- ⊕ Swelling of the head, eyelids, combs & legs
- ⊕ Purple discolouration of the combs / "dirty" feathers
- ⊕ Nasal discharge
- ⊕ Coughing and sneezing
- ⊕ Diarrhoea
- ⊕ Sudden death



In case of unusual death of poultry, inform civic authorities immediately.

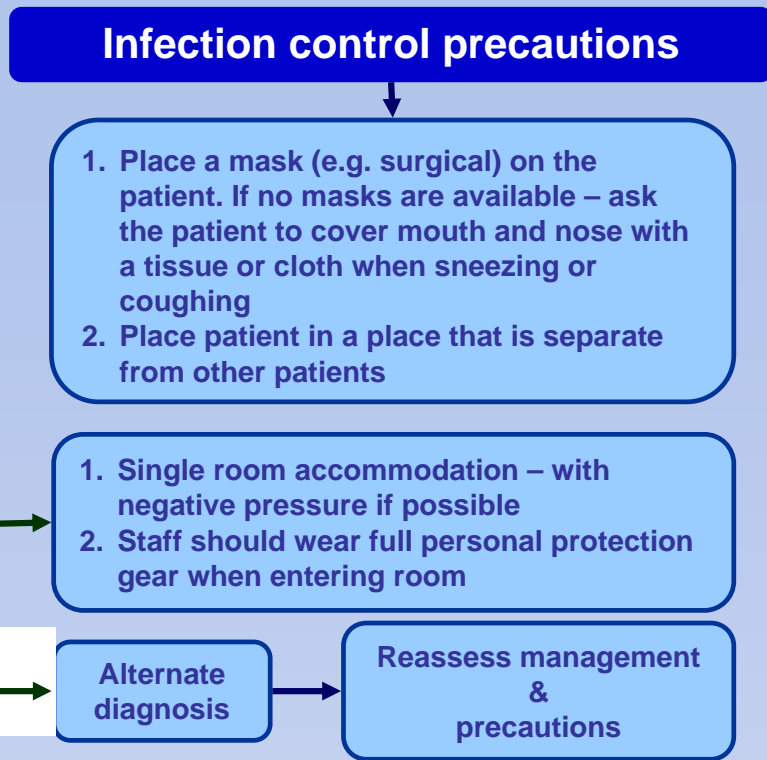
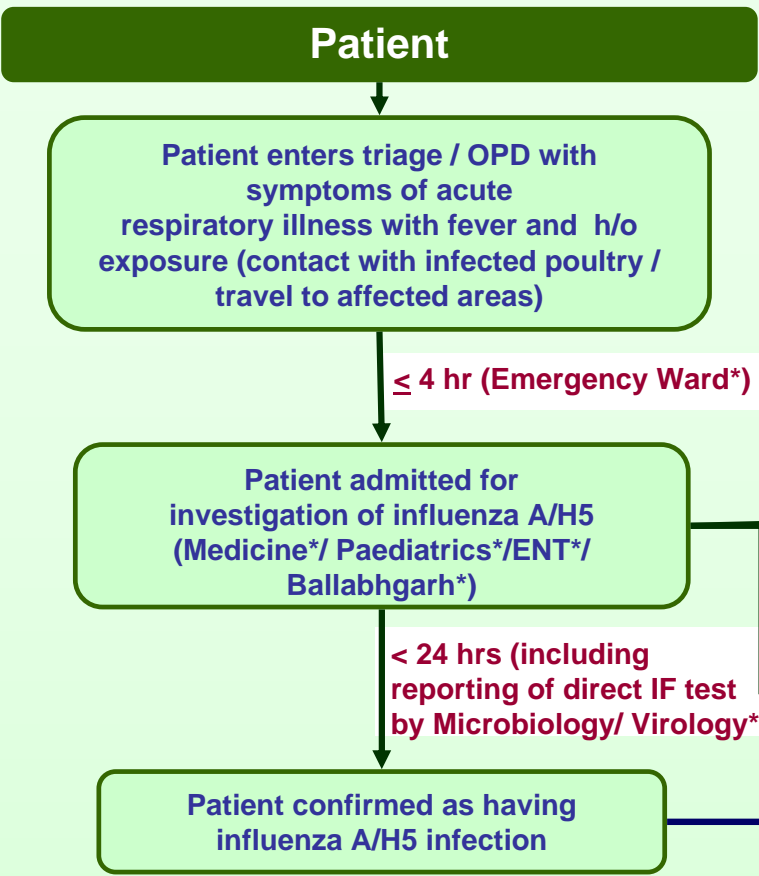
How can we protect ourselves from Bird Flu?

- Avoid close contact with infected or suspected birds and animals, specially their droppings, saliva and other secretions.
- Avoid consuming raw / uncooked / partially cooked poultry products such as chickens and eggs.
- Cooking (half an hour & 70°C) kills the bird flu virus.
- It makes food safe.
- Poultry and poultry products can be consumed following good hygienic and cooking practices.
- After handling poultry and eggs, wash hands and other exposed parts with soap and water.

Always wash hands with soap and water.

Patient Management Plan for Avian Influenza (H5N1) Outbreak

(All India Institute of Medical Sciences, New Delhi)



- *Contact Persons at AIIMS and Telephone Numbers:**
- | | |
|--|---|
| MS: | Dr. D.K. Sharma (26594700, 26594789) |
| Emergency: | Dr. S. Bhan (3341) |
| | Dr. P. Aggrawal (4631) |
| Medicine: | Dr. S.K. Sharma (4415) |
| | Dr. G.C. Khilnani (3488);
DR. Randeep Guleria (3676) |
| Paediatrics: | Dr. V. Kalra (3209, 4424) |
| | Dr. S.K. Kabra (3621) |
| ENT: | Dr. R.C.Deka (4862) |
| | Dr. K.K. Handa (4922) |
| Microbiology: | Dr. J.C. Samantaray (3288,3279) |
| | Dr. S. Broor (4926) |
| | Dr. L. Dar (3376) |
| Virology Laboratory (4340) | |
| Centre for Community Medicine (Main Department): | Dr. C.S. Pandav (9810038423) |
| | Dr. Sanjiv Gupta (9811939035) |
| | Dr. Kiran Goswami (9810829890) |
| Centre for Community Medicine (Ballabhgarh): | Dr. Shashi Kant (9810464064) |
| | Dr. Sanjay Rai (9313992629) |

