

預防禽流感須知

What You Should Know about Avian Flu



What is Avian Flu?

Avian flu (H5N1) is a type of influenza A that mainly infects birds but occasionally affects humans. Avian flu can be transmitted from live birds to people, although transmission between humans is very inefficient. The initial symptoms of avian flu are similar to those of other influenza viruses, including fever, generalised muscle pain, cough and sore throat. However, it is more likely to result in high fever, chest infection, respiratory failure, multi-organ failure, and death.

Prevention of Avian Flu

- Droppings of infected birds and poultry may carry the avian flu virus, so avoid touching live birds or poultry or their droppings.
- If you have been in contact with live birds or poultry, immediately wash your hands thoroughly with liquid soap and water.
- Cook poultry and eggs thoroughly before eating.
- If you have flu symptoms, consult a doctor and wear a mask to prevent spreading the disease.
- The best protection against influenza is having good body resistance. This can be achieved through a balanced diet, regular exercise, adequate rest, reducing stress, and not smoking. Avoid crowded places with poor ventilation.
- If you develop fever and respiratory symptoms after returning from a country that reports an avian flu outbreak, consult your doctor and tell him/her about your travel history.

Health Education Hotline

2833 0111

Department of Health Website

www.dh.gov.hk