**What is Bird Flu?**

Bird Flu 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 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.
- Always wash hands with soap and water.

No medicines are recommended for routine prevention.

**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

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.
Patient Management Plan for Avian Influenza (H5N1) Outbreak

(All India Institute of Medical Sciences, New Delhi)

**Patient**

Patient enters triage / OPD with symptoms of acute respiratory illness with fever and h/o exposure (contact with infected poultry / travel to affected areas)

< 4 hr (Emergency Ward*)

Patient admitted for investigation of influenza A/H5 (Medicine*/ Paediatrics*/ENT*/ Ballabhgarh*)

< 24 hrs (including reporting of direct IF test by Microbiology/ Virology*)

Patient confirmed as having influenza A/H5 infection

Infection control precautions

1. Place a mask (e.g. surgical) on the patient. If no masks are available – ask the patient to cover mouth and nose with a tissue or cloth when sneezing or coughing
2. Place patient in a place that is separate from other patients

Alternate diagnosis

Reassess management & precautions

1. Single room accommodation – with negative pressure if possible
2. Staff should wear full personal protection gear when entering room

Full infection control precautions to remain in place for duration required

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