

cold seek medical help immediately.

9. You should cover your mouth and nose with a cloth or your hand any time you cough or sneeze.
10. All family members of someone who gets sick should stay at home for 10 days to prevent spreading sickness to other people.

Title: How to Avoid Bird Flu at Home

Language: English

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How To Avoid Avian Influenza At Home



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1. Be careful of poultry carcasses from the market. Wash with soap each time you touch or prepare poultry meat for cooking. Duck meat is especially dangerous. Use a cutting board that is only for raw meat.
2. Be careful with eggs. Wash them well before boiling. Wash your hands with soap after touching or breaking eggs.
3. Cook poultry very well. Even a little red blood can make you sick.
4. Put cooked meat on a clean plate. Do not use a plate that raw meat

was on until it has been washed and dried.

5. Wash everything that contacted raw meat, like knives, cutting boards, counters, and pans with soap and dry it well before using it again.
6. Infected poultry and eggs should not be sold in the market. Watch out for people who butcher sick animals and sell them just so they don't lose money.
7. If Avian Influenza is in your area avoid going to gatherings of people. People may spread the disease even before they begin to feel sick.
8. If you get sick with fever and a