Avian (H5N1) Influenza

### Transmission and Symptoms, Compared to Seasonal Flu

<table>
<thead>
<tr>
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<th>Seasonal (Common) Flu</th>
<th>Avian Flu</th>
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<tbody>
<tr>
<td><strong>Transmission</strong></td>
<td>Spread through droplets expelled during coughing and sneezing.</td>
<td>Spread through contact with infected birds, their droppings or blood, or surfaces exposed to them. However, due to the changing nature of flu viruses, it is possible that avian flu will mutate to spread from person to person.</td>
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<tr>
<td><strong>Symptoms</strong></td>
<td>High fever, headache, fatigue, dry cough, sore throat, runny nose, muscle aches, and nausea (which may lead to vomiting and diarrhea).</td>
<td>Similar to those of seasonal flu but may include eye infections and severe respiratory diseases.</td>
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<tr>
<td><strong>Who Is at Risk</strong></td>
<td>Those 65 years or older, those who live in long-term care facilities or need regular medical attention, those prone to asthma or other respiratory conditions, and young children (6–23 months).</td>
<td>People of all ages are at risk. Past pandemic influenza outbreaks suggest that healthy young adults may be most at risk of exposure.</td>
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Prevention
Influenza can be prevented by vaccines and good hygiene.
- Update flu shots and other vaccinations to boost immunity.
- Get vaccinated every year because the seasonal flu vaccine is changed annually to help fight the most threatening strains.
- Periodically check your regular prescription medications to ensure you have an adequate supply and expiration dates are not exceeded.
- Frequently wash your hands with soap and water.
- Cover your mouth and nose when coughing or sneezing.
- Clean cutting boards and utensils, use a food thermometer to make sure poultry is cooked properly, and cook eggs until white and yolks are firm.
- There is no danger from properly handled and cooked poultry.

Preparation for a Pandemic
- Be informed and have a family plan as you would for any emergency.
- Be aware of emergency, containment, or evacuation plans and distribution sites.
- Build an emergency supply kit with a two week supply of water and food.

Emergency Response
- Be calm—stay informed and follow emergency plans.
- Practice infection control
  » Good hygiene (especially washing hands)
  » Social distancing
    ✷ Limit direct contact by not shaking hands.
    ✷ Telecommute or hold telephone or video conferences.
    ✷ Maintain personal space of three feet or more.
- Limit exposure with sick people, and stay home if you are sick.
- Quarantine and isolation measures may be used to limit movement of people who may have been exposed to the disease and separate those infected with the disease.
- Muster with your command if you are military or civilian personnel or a member of the selective reserves.

Where to Find Additional Information
- Centers for Disease Control and Prevention—http://www.cdc.gov/flu/avianflu/
- World Health Organization (WHO)—www.who.int/csr/disease/avian_influenza/en
- U.S. Department of State—www.travel.state.gov/index.html