

Language:

## **Information for household members of people who have been significantly exposed to Avian Flu**

You are being provided with this information because a member of your household has been in close contact with infected birds.

Since you yourself were not in very close contact with the infected birds, you do not need to take any action but you should read this information carefully.

### **What are the risks to my health?**

Avian Flu virus is generally a disease of birds and the risk to humans is very low. Only people who have had very close contact (within 1 metre) of the infected birds or their environment are at slightly increased risk of developing illness.

The infection does not easily spread from person to person and people who did not have close contact are at minimal risk.

### **How will the health of people in this household be monitored?**

In the unlikely event, that the person who had close contact with the birds develops flu like symptoms, the Public Health team will provide members of their household with additional information and guidance.

All people who have had close contact with the infected birds are being offered anti-viral medication and will remain in daily contact with Health professionals to make sure that they remain in good health. It is very unlikely that anyone involved in the incident will develop symptoms. Staff involved in the incident wear protective equipment and follow infection control procedures to minimise the risk of infection.

### **Do I need to take any medication?**

No. Since you have not been in close contact with the infected birds you do not need to take any medication.

### **What are the symptoms of Avian Influenza in humans?**

**May need to alter this depending on strain of virus**

Symptoms may vary depending on the type of disease in the affected birds. If the birds have H5 disease, symptoms in humans may at first be similar to normal Flu with a high temperature or fever and cough, but after several days the symptoms get more severe with increasing shortness of breath and hospital care is needed. Sometimes people may experience sore eyes, sore throat, runny nose, diarrhoea, muscle pains, tiredness or lose their appetite.

If the birds have other types of Avian Flu eg H7 or H9, then symptoms in humans are usually mild eg mild respiratory illness or eye irritation.

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Symptoms usually occur approximately 3-5 days (maximum 7 days) from the time of exposure to the infected birds. As the initial symptoms are similar to many other common illnesses, false alarms are likely.