

WHO ARE AT RISK TO THE INFECTION?

- i. Those working in poultry farms with infected birds.
- ii. Those with direct contact with infected birds.
- iii. Those involved in culling of infected poultry
- iv. Eggs from infected poultry can also be contaminated with the virus containing infected faeces present on the egg shell.

HOW CAN THOSE AT RISK BE PROTECTED?

- i. Ensure personal protection against the infection by wearing proper suitable protective clothing and equipment such as wearing of mask, gloves, gown and boots.
- ii. Must wash their hands appropriately and frequently with clean water.
- iii. Maintain good hygiene practices during handling of raw poultry meat.

Other additional measures as advised by the relevant authorities.

IS THE CURRENT HUMAN INFLUENZA VACCINE EFFECTIVE PROTECTION AGAINST AVIAN INFLUENZA?

No. It is not effective as it protects only against the normal human influenza infection.

IS IT SAFE TO TRAVEL TO THE INFECTED COUNTRIES?

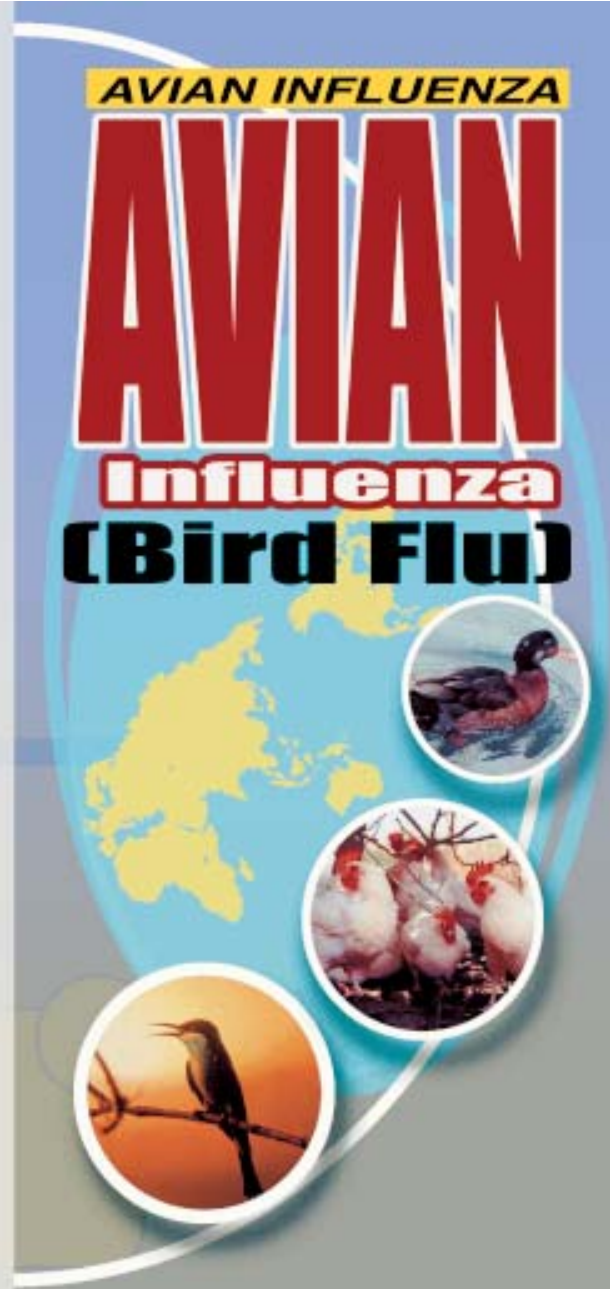
World Health Organisation has not issued any advisory on restriction of travel to the currently affected countries. However, while currently visiting those countries, it is not advisable to visit their poultry, bird sanctuaries, bird farms or animal 'wet market'.

DO WE NEED TO AVOID EATING CHICKEN, DUCK AND TURKEY MEAT?

No. Local market chicken sold in safe. Properly cooked meat is also safe.



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- Avian Influenza or Bird Flu is an infectious disease of birds caused by type A strains of the influenza virus.
- Fifteen (15) subtypes of influenza virus are known to infect birds, thus providing an extensive reservoir of influenza viruses potentially circulating in bird populations. To date, all outbreaks of the highly pathogenic form have been caused by influenza viruses of subtypes H5 and H7.
- The disease, which was first identified in Italy more than 100 years ago, occurs worldwide.
- All birds are thought to be susceptible to infection with avian influenza, though some species are more resistant to infection than others. Infection causes a wide spectrum of symptoms in birds, ranging from mild illness to a highly infectious and rapidly fatal disease resulting in severe epidemics with a very high mortality rate up to 100%.
- Migratory waterfowl especially wild ducks are the natural reservoir of avian influenza viruses and these birds are also the most resistant to infection. Domestic poultry (chickens, ducks, turkeys) are particularly susceptible to rapidly fatal influenza. Direct or indirect contact of domestic flocks with wild migratory waterfowl has

been implicated as a frequent cause of epidemics. Live bird markets have also played an important role in the spread of epidemics.

- Avian influenza do not normally infect species other than birds and pigs. The first documented infection of humans with an avian influenza virus occurred in Hong Kong in 1997, where the H5N1 strain caused severe respiratory diseases in 18 humans, of whom 6 died. In addition, the recent outbreak in Vietnam and Thailand showed that close contact of live infected poultry was the source of human infection. The spread of infection in birds increases the opportunities for direct infection of humans.

HOW IS THE DISEASE TRANSMITTED?

Infected birds shed the virus in faeces, saliva, nasal secretions and urine. The virus can survive up to 30 days in the infected faeces. The disease can spread from infected birds to human through :-

- i. Direct contact with infected birds.
- ii. Handling of faeces and other body fluids of infected birds.
- iii. Contaminated water ponds with

infected bird faeces.

- iv. Transfer of infected faeces and other body fluids on clothing and contaminated equipment.

WHAT ARE THE SYMPTOMS IN HUMANS INFECTED WITH AVIAN INFLUENZA VIRUS?

Published information about the clinical count of human infection with H5N1 avian influenza is limited to studies of cases in the Hong Kong SAR, Vietnam and Thailand outbreaks as these outbreaks patients developed symptoms of fever, sore throat, cough and in several of the fatal cases, severe respiratory distress secondary to viral pneumonia. The disease is much worse in the young and the elderly because of lowered immunity thus giving the virus an opportunity to replicate faster and cause further complications. Most of the deaths in recent outbreaks have involved young children.

HOW CAN WE AVOID THE INFECTION?

We can do so by avoiding contact with infected live poultry and their faeces or dust soil contaminated with faeces as these can possibly result in human infection.

SIAPAKAH YANG BERISIKO?

- Mereka yang bekerja di ladang ternakan ayam, itik, burung yang berkemungkinan telah dijangkiti.
- Mereka yang mempunyai kontak terus dengan haiwan yang dijangkiti.
- Mereka yang mengendalikan pemusnahan ayam, itik, burung yang berpenyakit.
- Virus juga boleh didapati pada kulit telur yang tercemar najis.

APAKAH CARA PERLINDUNGAN YANG TERBAIK?

- 1 Amalkan 'good animal husbandry' seperti memakai mask (penutup mulut dan hidung), sarung tangan, apron dan but.
- 2 Selalu membasuh tangan dengan air yang bersih.
- 3 Amalkan kebersihan semasa mengendali daging mentah.
- 4 Lain-lain peraturan kawalan yang dikeluarkan oleh pihak berkenaan

ADAKAH VAKSIN INFLUENZA YANG SEDIA ADA BERKESAN UNTUK SELESEMA BURUNG?

Tidak berkesan kerana ianya hanya melindungi dari influenza jangkitan manusia sahaja.

ADAKAH SELAMAT UNTUK MELAWAT NEGARA-NEGARA YANG DILANDA WABAK SELESEMA BURUNG?

Pertubuhan Kesihatan Sedunia tidak membuat sebarang sekatan untuk melawat ke negara-negara yang terlibat. Walau bagaimanapun adalah dinasihatkan supaya tidak melawat ladang ternakan ayam, itik, burung atau pasar basah di negara tersebut.

ADAKAH KITA PERLU MENGELAK DARI MAKAN AYAM, ITIK, BURUNG?

Tidak perlu. Daging ayam atau produknya yang dijual dipasaran yang dibersihkan dan dimasak dengan sempurna adalah selamat. Semua produk ayam termasuk telur perlu dimasak sebelum makan.



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Kementerian Kesihatan Malaysia

AVIAN INFLUENZA

AVIAN

Influenza

(Bird Flu)



AVIAN INFLUENZA

APAKAH AVIAN INFLUENZA ATAU SELESEMA BURUNG?

- ◆ Avian Influenza atau selesema burung adalah sejenis penyakit berjangkit di kalangan ayam, itik dan burung.
- ◆ Burung-burung liar merupakan reservoir bagi virus penyakit ini.
- ◆ Ternakan ayam, itik, burung dan yang sama keluarga dengannya juga boleh dijangkiti penyakit ini.
- ◆ Biasanya, penyakit ini tidak menular kepada manusia tetapi kejadian di Vietnam dan Thailand telah menunjukkan ianya boleh merebak kepada manusia. Kejadian yang sama pernah berlaku di Hong Kong pada tahun 1997 dimana seramai 19 orang telah dijangkiti dengan avian influenza dengan 6 kematian.
- ◆ Avian influenza disebabkan oleh virus Influenza jenis A. Virus ini mempunyai pelbagai jenis sub-type. Wabak yang dilaporkan sekarang disebabkan oleh jenis virus H5N1. Virus ini jenis ini menyebabkan kadar ternakan yang tinggi di kalangan ayam ternakan sehingga 100%

BAGAIMANAKAH PENYAKIT INI MEREBAK?

Penyakit ini menular di kalangan ayam melalui cecair dari hidung dan mulut serta najis. Virus boleh bertahan sehingga 30 hari dalam najis yang tercemar. Manusia boleh dijangkiti melalui kontak dengan ayam, itik, burung yang berpenyakit seperti:

- ◆ Kontak secara terus.
- ◆ Mengendali najis yang tercemar.
- ◆ Air yang tercemar dengan najis.
- ◆ Barang-barang dan pakaian yang tercemar dengan najis.

ADAKAH MANUSIA BOLEH DIJANGKITI PENYAKIT AVIAN INFLUENZA?

Ya manusia boleh dijangkiti penyakit avian Influenza.

APAKAH TANDA-TANDA AVIAN INFLUENZA APABILA BERLAKU KEPADA MANUSIA?

Gelaja avian influenza adalah sama seperti selesema biasa ia itu demam tinggi (>39oC), sakit tekak dan batuk. Di kalangan kes-kes teruk boleh berlaku sesak nafas disebabkan radang paru-paru (pneumonia). Kejadian penyakit ini adalah lebih teruk di kalangan kanak-kanak dan orang tua oleh kerana tahap ketahanan badan yang rendah di mana virus boleh membiak dengan lebih cepat. Kebanyakan kematian yang berlaku dalam wabak sekarang adalah di kalangan kanak-kanak.

BAGAIMANA CARA MENGELAK DARI DIJANGKITI AVIAN INFLUENZA?

Elak dari kontak terus dengan ayam atau burung yang berpenyakit atau tercemar dengan najis dari ayam atau burung yang berpenyakit.