


SUMMARY	2
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Avoid close contact with live or dead poultry.

Wash your hands frequently with soap and warm water.

Use different utensils for cooked and raw meat.

Avoid going to live animal markets or poultry farms

What not to do:

do not go near or touch bird droppings or sick or dead birds

do not bring any live birds or poultry back to the UK, including feathers

do not eat undercooked or raw poultry, poultry products (including blood) or duck

do not eat raw eggs



If you have been in contact with live or dead poultry in an affected country be aware of the symptoms of bird flu in humans. They are similar to ordinary flu symptoms and can appear suddenly. They may include:

a very high temperature or feeling hot or shivery

aching muscles

headache

a cough

Other early symptoms may include:

diarrhoea

sickness

stomach pain

chest pain

bleeding from the nose and gums

conjunctivitis



If you are a staff member and have these symptoms whilst abroad, and if you have been in close contact with live or dead poultry, you should seek medical advice locally on whether or not to return to the UK or to the

You must not return to the University until you have discussed your symptoms with Occupational Health.



If you are a University of Reading student and have these symptoms whilst abroad, and if you have been in close contact with live or dead poultry, you should seek medical advice locally on whether or not to return1(er)5()-p8(1)-

For further travel advice consult the National Travel Health Network Centre (NaTHNaC) www.nathnac.org and the Foreign, Commonwealth and Development Office website <https://www.gov.uk/government/organisations/foreign-commonwealth-office>

If you develop the above symptoms within seven days of leaving an affected country and you had close contact with live or dead poultry, it is very important that you:

Seek immediate medical attention.

Contact your doctor (GP or University Medical Practice) or telephone NHS Direct on 0845 4647, stating your symptoms and recent travel history.

Follow the advice that they give you.

If you are a member of staff, do not visit the University, but contact the University Occupational Health Service and seek advice on whether or not you should report for work. Then contact your manager/supervisor to advise them of the situation.

If you are a student, contact a close friend or tutor (preferably by telephone), informing them that you are ill and that it is possible that you may have avian 'flu. Stay in your room and do not mix with other students until a doctor has assessed your condition.

You can reduce, but not eliminate, the risk of catching or spreading any form of 'flu by:

Covering your nose and mouth when coughing or sneezing, using a tissue where possible.

Using tissues only once when coughing or sneezing and disposing of them promptly and carefully in a waste bin (preferably bagged).

Washing your hands frequently with soap and water to reduce the spread of the virus from your hands to your face, or to other people.

Avoiding touching surfaces (such as door handles) and then the face.

Avoiding non-essential travel and large crowds whenever possible.

Cleaning hard surfaces (e.g., kitchen worktops, door handles) frequently, using a normal cleaning product.

Making sure children follow this advice.



Most people with the flu need no special treatment. Influenza is caused by a virus so antibiotics do not help unless there is a complication. Occasionally an antiviral drug such as oseltamivir (Tamiflu) or zanamivir (Relenza) will be given.

You will be advised to stay at home while feeling ill with influenza from other patients. You should rest and drink lots of fluids to prevent dehydration. You can t

