

H5 bird flu

Human health

Infections in humans

Infections in people are rare. Bird flu does not easily spread to people, and no infections of this strain have been reported in people here.

Staying away from sick or dead birds and wildlife is the best protection. Infected animals shed the virus in secretions, faeces and other body fluids, and into the air.

People can become infected if they:

- touch an infected animal, their body fluids or something contaminated with the virus, and then touch their eyes, nose or mouth
- breathe in contaminated dust or air.

Prevention

The best way to protect against bird flu is to stay away from sick or dead birds and wildlife and their:

- surroundings
- droppings
- body fluids
- feathers
- eggs.

Flu vaccination

Getting an annual flu vaccination is recommended for all people 6 months and older.

Vaccination is especially important for people at greater risk of exposure, as well as people who work with or care for pigs.

The annual flu vaccine does not protect against bird flu but prevents people becoming sick with both seasonal and bird flu viruses at the same time.

Food safety

Food Standards Australia New Zealand has advised bird flu is not a food safety risk for chicken meat and eggs if they are handled and cooked correctly.

Currently, it is also considered safe to hunt, handle and eat wild birds. However, birds can be infected without showing signs of being sick.

To protect yourself against bird flu:

- Do not collect, handle or eat birds that look sick or have been found dead.
- Cook all bird meat thoroughly. The meat must reach an internal temperature of at least 74°C and have no visible blood before eating.
- Practice good hand hygiene by washing your hands and utensils after handling animals, eggs or raw meat.

Work health

To manage the risk of exposure to H5 bird flu in the workplace you must:

- have knowledge about H5 bird flu and the risks
- keep yourself updated with the latest information
- have appropriate cleaning procedures in place to minimise the risk of disease transmission
- be trained in workplace control measures to prevent exposure
- wear Personal protective equipment (PPE).



Avoid.
Record.
Report.

For more information visit birdflu.gov.au or nt.gov.au/birdflu

