

Reduce Your Risk for Flu...

Seasonal or Pandemic



- ◆ **Stop germs from spreading.**
 - ◆ Cover your mouth and nose with tissue when coughing and sneezing
 - ◆ Wash your hands often
 - ◆ Avoid touching your eyes, nose, or mouth
 - ◆ Avoid close contact with sick people
 - ◆ Stay home when you are sick and keep your children home from school when they are sick
 - ◆ Do all you can to improve your health. The healthier you are, the more resistant your body is to disease.
- ◆ Make a **personal preparedness plan and kit**. Visit www.redcross.org for details.
- ◆ **Stay informed.** For regularly updated information about seasonal, pandemic, and avian influenza, visit the following websites:

www.cdc.gov/flu ◆ www.pandemicflu.gov

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What is the difference between seasonal flu, avian flu, and pandemic flu?

Seasonal (or common) flu is a respiratory illness that can be transmitted from person to person. Most people have some immunity, and a vaccine is available.

Avian (or bird) flu is caused by influenza viruses that occur naturally among wild birds. The H5N1 variant is deadly to domestic fowl and can be transmitted from birds to humans. There is no human immunity and no vaccine is available yet.

Pandemic flu is virulent human flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person.

Will avian flu be the next pandemic?

No one knows for sure how serious a worldwide avian flu outbreak would be -- or even if avian flu will be the next pandemic. But scientists and government

officials believe it could pose a serious threat to our health, our economy, and our way of life.

Is there a risk for becoming infected with avian influenza by eating poultry?

There is no evidence that properly cooked poultry can be a source of infection for avian influenza viruses.



Is it safe to eat raw eggs?

No, raw eggs can be infected with avian virus as well as other pathogens like salmonella.

How long does the virus live in bird/ animal feces?

It depends on the amount of virus contained in the feces, the temperature, and moisture content. The virus dies more quickly in higher temperatures and the drier the feces is.



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