

Guidelines on Prevention of Avian Influenza for the General Public

The Department of Health advises the general public to take the following precautionary measures to minimise the risk of contracting and spreading Avian Influenza.

Disease information

<https://www.chp.gov.hk/en/healthtopics/content/24/13.html>

Health Advice for the General Public

- Avoid touching poultry, birds, animals or their droppings
 - Wash hands thoroughly with liquid soap and water immediately if you have been in contact with poultry, birds, animals or their droppings.
 - When buying and handling live chickens, do not blow at their bottoms.

- Maintain good personal hygiene
 - Avoid touching your eyes, mouth and nose.
 - Keep hands clean at all times. Perform hand hygiene frequently, especially before and after touching the mouth, nose or eyes; before eating; after using the toilet; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing.
 - Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with either a clean cotton towel or a paper towel. When the hands are cleaned, do not touch the water tap directly again (for example, using a paper towel to wrap the faucet before turn it off).
 - If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative.
 - Cover your nose and mouth with tissue paper when sneezing or coughing. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
 - When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.

- Maintain good environmental hygiene
 - Maintain good indoor ventilation.
 - Home should be cleaned thoroughly at least once per week with 1 in 99 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 990 ml of water), leave for 15 - 30 minutes and then rinse with water. For metallic surface, disinfect with 70% alcohol.

- Avoid going to crowded or poorly ventilated public places if you are feeling unwell. High-risk individuals may consider putting on surgical masks while in such places.
- Maintain drainage pipes properly and regularly (about once a week) pour about half a litre of water into each drain outlet (U-traps). The water seal will prevent foul odour, insects and dirt (including microorganisms) in the soil pipe from entering the premises via drain outlets.
- Arrange immediate inspection and repair by qualified technician if there is defect in the trap or foul odour coming out from drain outlets.

- Observe food hygiene
 - Five keys to food safety:
 - Choose safe raw materials
 - Keep hands and utensils clean
 - Separate raw and cooked food
 - Cook thoroughly
 - Keep food at safe temperature
 - Wash eggs with detergent if soiled with faecal matter and cook and consume them immediately. Eggs should be cooked thoroughly until the white and yolk become firm. Do not eat raw eggs or dip cooked food into any sauce containing raw eggs.
 - Poultry should be cooked thoroughly. If there is pinkish juice running from the cooked poultry or the middle part of its bone is still red in colour, the poultry should be cooked again until fully cooked.

- Build up good body resistance and maintain healthy lifestyle. This can be achieved through balanced diet, regular exercise and adequate rest.
- Do not smoke and avoid alcohol consumption.

For more information

Please visit the Centre for Health Protection thematic website at.

<https://www.chp.gov.hk/en/features/24244.html>

Centre for Health Protection

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