## Protect Yourself and Your Family from Avian Influenza virus



Identify and be aware on source of infection and mode of virus transmission

Direct contact with infected poultry

Contact with poultry product or materials contaminated with poultry droppings, and body fluid



Maintain personal hygiene at the workplace and at home

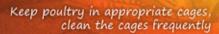


Wash hands with soap and running water

- · after going to toilet
- before eating

## Handle your poultry safely

Keep poultry separate from the house



Use gloves and mask when handling the poultry/poultry waste

Wash hands with soap after contact with poultry/poultry waste









## Handle your food safely

Wash hands before handling food and often during food preparation



Separate raw and cooked food

Use separate equipment and utensil such as, knives and cutting board for handling raw and cooked foods



Cook food thoroughly

