

Avian Flu Symptoms

- general flu like symptoms
- fever
- cough
- shortness of breath to acute respiratory distress
- sore throat
- muscle aches
- eye infections
- pneumonia
- diarrhea and abdominal pain
- nausea and vomiting
- bleeding of nose and gums

Avian Flu Recommendations

- strict personal hygiene practices
- use N-95 (or better) mask and gloves for at a distance (casual) contact
- keep 20' distance even with mask and gloves
- full face gas mask with bio-filter, gown and gloves for personal contact
- dedicated washable instruments for personal care
- isolation room for infected persons
- Tamiflu