

Avian Influenza in Humans - Advice for People Under Surveillance.

What is meant by being “under surveillance”?

There is a small risk that you will develop avian influenza because you have been exposed to a person suspected of having this disease. Your health needs to be closely monitored until the risk period is over. Staff from your local Public Health Unit will contact you daily to check on your health. As long as you remain free of symptoms, you do not need to be isolated from the community and may continue your normal daily activities, including work.

What do I have to do?

You are required to monitor your health for 10 days after you were last exposed to a person with avian influenza. You must:

- measure your body temperature every morning at 10:00 am, and record it in the table provided
- watch out for any symptoms (see box over page)
- If you develop a temperature greater than 38°C or any symptoms:
 - isolate yourself from other people and seek medical attention (phone ahead first)
 - contact the Public Health Unit.

You and others in your household need to be careful with hygiene and thoroughly wash your hands with soap and running water for 10 seconds (or use alcohol-based hand rubs), especially after contact with secretions from your nose and mouth, (e.g., after blowing your nose, coughing, or sneezing), before eating, or after using the toilet.

Date of last contact with an avian influenza case: _____

Monitor health until: _____

How to record your body temperature. Follow these instructions carefully.

To ensure accurate measurement of your temperature, **do not** take your temperature for 30 minutes after:

- having a hot or cold drink,
- having a hot shower or bath
- exercising
- smoking.

Take your temperature before taking medications that lower your temperature (e.g., aspirin, ibuprofen, and paracetamol-containing drugs such as Panadol, Panadeine, Dymadon). Wait for 4 hours before taking your temperature if you have taken these medications.

Using a digital thermometer: (see opposite)

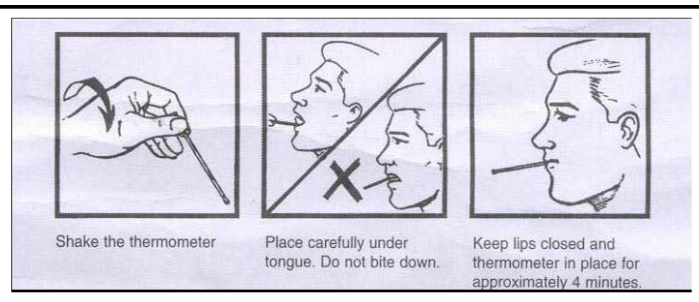
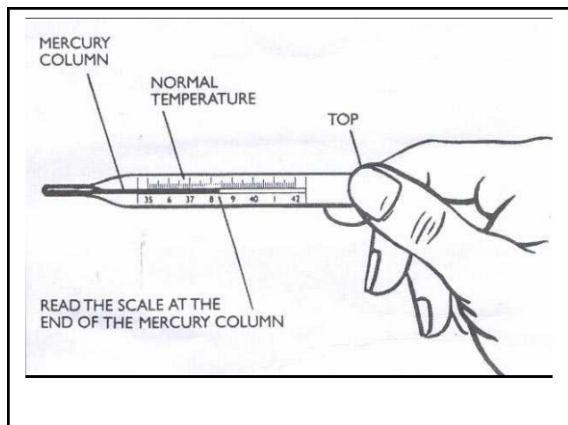
- Press on/off button
- Wait until thermometer resets and beeps
- Place tip of the thermometer under the tongue or in the ear (according to the type)
- Wait until the thermometer beeps
- Record the temperature and the time it was taken
- Contact the Public Health Unit if your temperature is higher than 38°C.
- Consult the manufacturer’s instructions for advice on cleaning the digital thermometer.



Using a mercury thermometer: (see overleaf)

- Hold the thermometer firmly by the top and shake downwards firmly
- Shake the thermometer until the mercury level falls below 35°C
- Place the thermometer bulb under the tongue and leave in place for 4 minutes (monitor with a clock). Do not bite or knock the thermometer. For some (e.g., children) it may be easier and safer to place the thermometer under their arm
- Record the temperature and the time it was taken
- After use wash the thermometer in water and detergent.

Using a mercury thermometer (cont.)



Symptoms of avian influenza in humans and what to do if you get them

Symptoms include fever **and** cough, severe fatigue, headache, sore throat, runny nose, muscle/joint aches, shortness of breath and inflamed eyes.

If you do develop a fever greater than 38°C or start to feel unwell with any of these symptoms:

- isolate yourself from other people, and seek medical attention (phone ahead first)
- make sure all household members continue very good hygiene practices, especially regular hand-washing.
- contact the _____ Public Health Unit on _____ (BH) and _____ (AH)

Table for recording temperature and symptoms (Record for 10 days)

Name _____ Monitor temperature until ___/___/___

Day	Date	Time temperature taken	Temperature	Symptoms, if any
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				