

Avian Influenza

Avian Influenza viruses cause respiratory disease in birds, called avian influenza or “bird flu”. There are many types of avian influenza viruses which can infect humans, but the two main types are A (H5N1) and A (H7N9) viruses.

Almost all cases of Avian Influenza in humans have been due to close contact with infected birds such as poultry, ducks, geese and swans, which may be found in farms, bird sanctuaries and open markets and also by contact with bird droppings.

However no cases of human to human transmission due to A (H5N1) and A (H7N9) have as yet been reported.

Geographical distribution

A (H5N1) Virus

Since its widespread emergence in 2003 and 2004, this virus has spread from Asia to Europe and Africa. As at 6 January 2015, the following countries have been affected:

- Bangladesh
- Cambodia
- China
- Djibouti
- Egypt
- Indonesia
- Iraq
- Lao People’s Democratic Republic
- Myanmar
- Nigeria
- Pakistan
- Thailand
- Turkey
- Vietnam

A (H7N9) Virus

The A (H7N9) virus subtype first infected three humans in China, in March 2013. Since January 2014, most of the cases of A (H7N9) influenza have been reported from China (including one case from Guangdong, China detected in Malaysia and another case from the Jiangsu province, China detected in Taiwan). More than 300 cases have been reported in 2014 compared to 143 cases in 2013.

Clinical Symptoms of Avian Influenza

The symptoms of avian influenza include:

- High fever, more than 38°C
- Cough
- Sore throat
- Muscle aches
- Malaise

The infection may progress rapidly to severe respiratory illness.

TRAVEL ADVISORY

Advice to outgoing passengers to countries affected by A (H7N9) and A (H5N1) viruses.

- Avoid visiting live bird or poultry markets, farms or zoos
- Eat meat or poultry that has been fully cooked and served hot
- Eat eggs that have been fully cooked
- Avoid touching eyes, nose and mouth without washing your hands
- Cover your mouth and nose while coughing or sneezing
- Avoid close contact with people suffering from influenza
- Cover your mouth and nose while coughing or sneezing
- Wash hands frequently with soap and water

Advice to incoming passengers from countries affected by A (H7N9) and A (H5N1) viruses.

At the Airport

In case you are suffering from any of the following:

- Fever
- Sore throat
- Cough or shortness of breath

Please inform the Health Desk immediately.

Please provide complete and accurate information.

At place of residence in Mauritius

Should you develop any of the above mentioned symptoms, please call one of the following telephone numbers:

On weekdays from 09:00 hrs to 16:00 hrs: 8924

After working hours on weekdays, during weekends and public holidays, contact one of the following regional hospitals, nearest to your residential address:

Dr A.G.Jeetoo (Port Louis) 8925

SSR National (North) 8926

Flacq (East) 8927

Victoria (Plaine Wilhems) 8928

J.Nehru (South) 8929