

VOËLGRIEP

WAT IS VOËLGRIEP?

- Voëlgriep is 'n virus infeksie wat gevind word in pluimveë, wilde-voëls, eende, volstruise, ens.
- Voëlgriep veroorsaak baie selde infeksies in mense.

WIE KAN VOËLGRIEP KRY?

- Mense wat werk op pluimvee-/eend-/volstruisplase en of met voëls wat geïnfekteerd is met voëlgriep virusse (gesond, siek of dood), het 'n risiko om ook geïnfekteer te word.
- Die risiko vir infeksie met voëlgriep in mense is egter baie laag.
- Voëlgriep virusse versprei selde van persoon tot persoon.

WAT IS DIE TEKENS EN SIMPTOME VAN MOONTLIKE VOËLGRIEP INFEKSIES?

- Simptome van voëlgriep kan lig of matig wees en sluit in griep-agtige simptome soos loopneus, ligaamspyne, koors, rooi-oë, hoes en seerkeel; tot ernstige simptome wat kort asemheid en benoude bors (sukkel om asem te haal) insluit.

WAT MOET JY DOEN AS JY SIEKTE SIMPTOME HET?

- Indien u griep/verkoue-agtige simptome ervaar soos loopneus, ligaamspyne, koors, rooi-oë ervaar en onlangs in nabye kontak was met siek/ dooie/ gesonde pluimveë, voëls, eende of volstruise was - wat moontlik geïnfekteerd is/was met voëlgriep virus; moet u onmiddelik:
 - Jou bestuurder of voorman inlig.
 - Gaan na die naaste kliniek en vertel hul van u simptome, asook dat u in nabye kontak was met voëls wat voëlgriep het, of moontlik met die virus geïnfekteer is.
 - Indien u nie na 'n kliniek kan gaan nie, rapporteer dit asseblief aan u plaasbestuurder of voorman, wat dan sal help dat u mediese aandag kry.
- Die verpleegter/dokter sal 'n neus en keel-depper van u neem (die depper is soortgelyk aan 'n oorstokkie).
- Net omdat jy griep-agtige simptome het en met siek of moontlik geïnfekteerde voëls werk, beteken dit nie dat jy voëlgriep het nie.
- Net 'n laboratorium toets kan voëlgriep infeksie bevestig.

HOE KAN JY JOUSELF BESKERM?

- Die risiko om geïnfekteerd te raak met voëlgriep is baie laag, maar indien u werk met geïnfekteerde/ siek/ dooie pluimveë, voëls, eende of volstruise, maak seker dat u altyd beskermende klere en bybehore aan het.
 - Dit sluit in 'n N95 gesig masker, handskoene, vollengte oorpak en plastiek voorskoot.
- Volg ook die instruksies vir ontsmetting nadat u werk voltooi is.

VIR MEER INLIGTING:

Departement van Gesondheid en Welstand, Oordraagbare Siekte Beheer
Tel: 021-830-3727 or 021-815-8660/1/3/8676

AVIAN INFLUENZA

WHAT IS AVIAN INFLUENZA?

- Avian influenza, is also known as 'avian flu' or 'bird flu'.
- It is a viral infection found in poultry, birds, ostriches, etc.
- Avian influenza viruses can very rarely cause infections in humans.

WHO CAN GET AVIAN INFLUENZA?

- People who are working on poultry/ostrich/ duck farms with birds that are infected with avian influenza (sick, dead or appearing well) are at highest risk of getting infected with avian influenza viruses.
- The risk of human infection is very low.
- Avian influenza viruses are rarely spread from person to person.

WHAT ARE THE SIGNS AND SYMPTOMS OF POSSIBLE AVIAN INFLUENZA INFECTIONS IN HUMANS?

- Symptoms of avian influenza virus in humans may range from mild including flu like symptoms such as runny nose, body pains, fever, red eyes, cough, sore throat; to severe including shortness of breath, difficulty breathing.

WHAT SHOULD YOU DO IF YOU DEVELOP SYMPTOMS?

- If you develop flu-like symptoms such as a runny nose, body pains, fever, red eyes, cough, sore throat; or shortness of breath, difficulty breathing and you have been working in close contact with the birds/chickens/ ducks/ostriches that may be or are infected with the avian influenza virus, you should:
 - Inform your manager/supervisor
 - Go to your nearest clinic and tell them that you have a cold or flu or sore eyes or difficulty breathing and that you work with birds/chickens/ducks/ostriches that may be or are infected with avian influenza.
 - If you cannot go to the clinic, then report this to your supervisor who will help you to see a healthcare provider.
- The nurse or doctor will collect a sample from your nose and throat using a swab similar to an earbud.
- Just because you have symptoms and work with birds does not mean you are infected, only a laboratory test can confirm avian influenza.

HOW TO PROTECT YOURSELF

- The risk of being infected with avian influenza is low, however, when you are working with infected birds/chickens/ ducks/ostriches make sure that you always wear personal protective clothing such as a N95 face mask, goggles, gloves and overalls.
- Also follow the instructions for disinfection after work is completed.

FOR MORE INFORMATION:

Department of Health and Wellness, Communicable Disease Control (CDC)
Tel: 021-830-3727 or 021-815-8660/1/3/8676

I AVIAN INFLUENZA

YINTONI I “AVIAN INFLUENZA”?

- iAvian influenza, ikwaziwa/ikwabizwa ngokuba yi avian flu okanye i “bird flu”.
- Isisifo esifunyanwa kwiinkukhu, iintaka, amadada, iinciniba njalo njalo.
- Iintsholongwane ze “Avian flu” zingadala izifo ebantwini kodwa oku kunqabile.

NGUBANI ONUKUPHATHWA YI “AVIAN FLU”?

- Abantu abasebenza kwiifama zeenkukhu, amadada okanye iinciniba, ezinentaka ezifunyenwe yi-Avian flu (ezigulayo, ezifileyo okanye ezikhangeleka ziphilile) basengozini yokusulelwa yintsholongwane ye Avian flu.
- Umkhuhlane weentaka i Avian flu, awunabungozi bungako eluntwini.
- Kunqabile ukuba iintsholongwane ze Avian flu zisuke komnye umtu zichaphazele omye umntu.

ZINTONI IIMPAWU ZESIFO SE AVIAN INFLUENZA EBANTWINI?

- Iimpawu ze avian flu eluntwini zinganga xhomisi mehlo, ziquka impawu zomkhuhlane weflu ezinjengee mpumlo ezivuzayo, umzimba obuhlungu, ukutshisa komzimba (ifiva) amehlo abomvu, ukukhohlela, umqala obuhlungu; ziyokutsho kwimpawu ezibonakalisa ukugula kakhulu, ziquka ukuphelelwa ngumoya nokuvaleka kwesifuba.

KUFUNEKA WENZENI XA UNEMPAWU ZE AVIAN FLU?

- Xa uneempawu zomkhuhlane weflu ezinjengee mpumlo ezivuzayo, umzimba obuhlungu, ukutshisa komzimba(ifiva), amehlo abomvu, ukukhohlela, umqala obuhlungu, okanye ukuphelelwa ngumoya nokuvaleka kwesifuba kwaye ubusebenza ngeentaka/iinkukhu/amadada/iinciniba ezinentsholongwane ye Avian influenza, kufuneka:
 - Wazise umphathi wakho
 - Uye kwiziko lezempilo elikufutshane nawe (eKliniki) ubachazele ukuba usebenza ngeentaka/ iinkukhu/amadada/iinciniba ekunokwenzeka ukuba zinesifo se Avian influenza.
 - Ukuba awukwazi ukuya ekliniki, chazela umphathi wakho emsebenzini oku, azokuthi akwazi ukukuncedisa ukuba udibane nabezempilo.
- Umongikazi okanye ugqirha uzakuthata incindi/imifinya empumlweni nasemqaleni wakho, esebenzisa umcinga othambileyo ofana ne “earbud”.
- Ukuba nempawu zomkhuhlane nokusebenza ngeentaka/iinkukhu/amadada/iinciniba akuthethi ukuba usulelwe yi Avian flu, luvavanyo (test) lwaselaborathri qha elinokuqinisekisa ukuba uneAvian influenza.
- Ukuba awukwazi ukuya ekliniki, chazela umphathi wakho emsebenzini oku, azokuthi akwazi ukukuncedisa ukuba udibane nabezempilo.

UNGAZIKHUSELA KANJANI?

- Amathuba okusulelwa yi Avian flu mancinci kakhulu, kodwa xa usebenza ngentaka (iinkukhu, amadada, iinciniba) kufuneka uqinisekise ukuba uhlala unxibe iimpahla zokuzikhusela ezinjenge “face mask”, iiglavs ne ovaroli.
- Yaye kufuneka ulandele imigaqo yokukuzicocisisa xa ugqiba ukusebenza.

NGAYO YONKE INTO OFUNA ULWAZI NGAYO:

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