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Information H7N9 No. 1 / April 8, 2013

Message for Swiss Citizens and their family members about Avian Flu H7N9

The Chinese health authorities have confirmed several cases of avian influenza A (H7N9) infections in humans. At this stage, no transmission between humans has been detected. Investigations are ongoing and the Chinese authorities are working closely with the World Health Organization (WHO).

Precautions

Although both the source of infection and the mode of transmission are uncertain, it is prudent to follow basic hygienic practices to prevent infection. This includes hand and respiratory hygiene and food safety measures.

Hand hygiene

- Wash your hands often, especially:
 - before, during and after you prepare food;
 - before you eat;
 - after you use the toilet;
 - after handling animals or animal waste;
 - when your hands are dirty;
 - more frequently, when someone in your home is sick and you provide help.

Hand hygiene will also prevent the transmission of infections to yourself (from touching contaminated surfaces) and in hospitals to patients, health care workers and others. An alcohol-based hand cleanser can also be used to prevent the transmission of infections.

Respiratory hygiene

- Cover your mouth and nose with a tissue, or sleeve or flexed elbow when coughing or sneezing.
- Throw the used tissue into a closed bin immediately after use.
- Perform hand hygiene after contact with respiratory secretions.

Food safety measures

- Avoid direct contact with poultry and wild birds, live pigs, especially in markets.
- Avoid eating raw or half cooked food, especially meat and eggs.

In case of high fever and difficulty in breathing, you should consult a doctor immediately.

Further information

For further information please visit the following websites or monitor the information released by the local authorities:

World Health Organization (WHO):

<http://www.who.int/en/>

http://who.int/influenza/human_animal_interface/en/index.html

Disease Outbreak News (WHO)

<http://www.who.int/csr/don/en/index.html>

Swiss Federal Office of Health (German / French / Italian)

<http://www.bag.admin.ch/aktuell/13991/index.html?lang=de>

<http://www.bag.admin.ch/influenza/01120/01132/10116/10125/index.html?lang=de>

Official China websites (some are only available in Chinese)

<http://wsj.sh.gov.cn/website/index.html> or <http://www.12320.sh.cn>

http://www.bjhb.gov.cn/wsxw/201304/t20130403_59139.htm

<http://www.chinacdc.cn>

<http://www.chinacdc.cn/en/>

Hotline (English operator available during office hours): 12320

In case of urgent assistance, the emergency number for the Embassy of Switzerland in Beijing is (+86 10) 1390 133 1023.