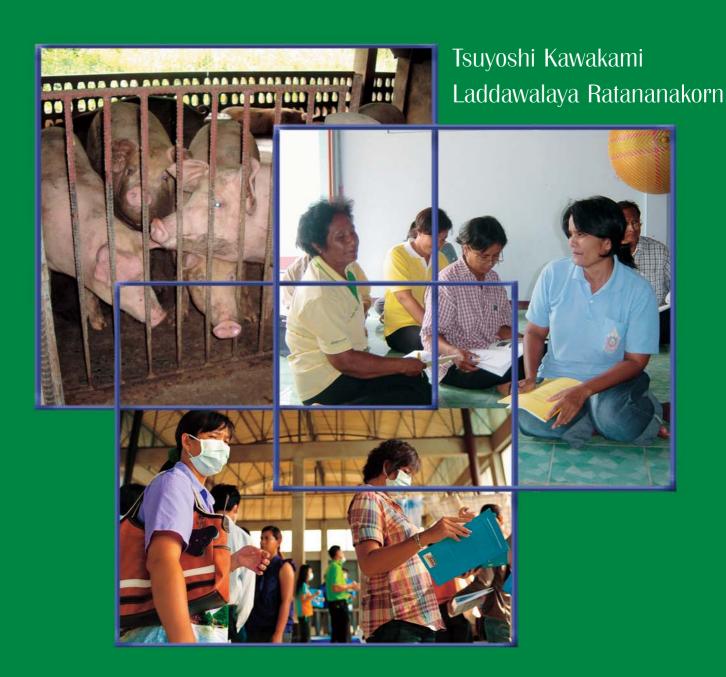


Protecting your health and business from animal influenza

Action manual for farmers and workers



Protecting your health and business from animal influenza

Action manual for farmers and workers

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Kawakami, Tsuyoshi; Laddawalaya, Ratananakorn

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Preface

Outbreaks of avian influenza in the recent past, and the current spread of Influenza A (H1N1) stemming from swine, have prompted worldwide concern. With the support of ILO/CRISIS, which assumed responsibility for programme development, funds were raised from the UN Central Fund for Influenza Action (CFIA) for three consecutive projects. The first ILO project on influenza prevention and pandemic preparedness was implemented in Thailand, in 2007, and was followed by a sister project in Indonesia. In 2009, another project was launched to expand ILO work to Cambodia, Lao People's Democratic Republic, Malaysia, and Viet Nam.

One key output of the projects was the development of a practical training manual to promote safe practices in the workplace. Providing detailed explanations and descriptions, this user-friendly manual presents an action checklist for various prevention measures. Among other project activities, training seminars were organized to facilitate understanding and encourage safer, more effective practices among workers and employers in poultry, swine, and other animal farms and small enterprises. Work Improvement in Small Enterprises (WISE) and Work Improvement in Neighbourhood Development (WIND) programmes, unique ILO participatory training methods, effectively served these ends.

The ILO project team, based in Bangkok and coordinated by Dr Tsuyoshi Kawakami, Senior Occupational Safety and Health Specialist of the ILO Subregional Office for East Asia, prepared the text and the checklist for this manual and supervised development of the illustrations. The team is grateful to Dr Laddawalaya Ratananakorn for her valuable technical input, and to Mr Donato Kiniger-Passigli, Senior Specialist for Strategic Partnerships and Crisis Response Coordination who, from the beginning, has coordinated the work of the ILO Task Force on Influenza and Pandemic Preparedness. Lastly, we wish to thank colleagues stationed in both ILO Headquarters and the Subregional Office for East Asia for their precious support and advice.

Through its three projects on influenza prevention and pandemic preparedness, the ILO has worked together with Governments and with workers' and employers' organizations in Thailand and other Asian countries to strengthen efforts at the workplace level. The ILO extends special acknowledgement to all social partners that have contributed to developing the manuals and action checklist, and hopes this training material will help improve working conditions among farmers and workers, better protecting them from animal influenza.

Bill Salter

Director

ILO Subregional Office for East Asia

Barres

Bangkok, Thailand

November 2009

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Animal influenza Avian (poultry) & swine (pig)

ACTION CHECKLIST Improve your preparation for animal influenza

How to use the checklist

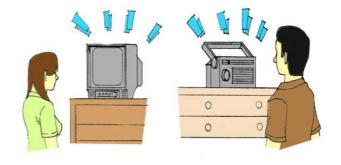
- 1. Read each point carefully. Look for ways to apply the measure. Ask managers and workers questions, if necessary.
- 2. If the measure has already been applied or it is unneeded, mark **NO** under "Do you propose action?" If you think the measure is valuable, mark **YES**. Use the space under **REMARKS** for suggestions.
- 3. Go through all the points. Then review those items you have marked **YES**. Choose a few items you believe promise the most benefit. Mark these items **PRIORITY**.
- 4. Before you finish, ensure you have marked each item **NO** or **YES**, and that you have marked some **YES** items as **PRIORITY**.



I. Collecting information

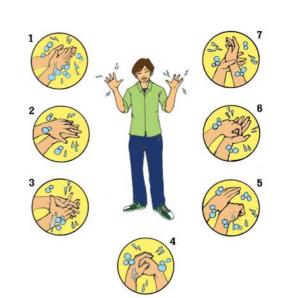
1. Collect information on animal influenza (i.e. poultry, pigs) through veterinary, health, and agricultural offices or newspapers, TV, radio news.

	Do you propose action? O No
	O Yes O Priority
Ren	narks:
••••	
2.	Share the updated information with your family and neighbours.
	Do you propose action? O No
	O Yes O Priority
Ren	narks:
••••	
3.	Teach your children not to touch sick or dead animals (i.e. poultry, pigs) or their remains.
	Do you propose action? O No
	O Yes O Priority
Ren	narks:
••••	
•••••	
II.	Handling animals safely
4.	Always wash both your hands thoroughly with soap after handling animals.
	Do you propose action? O No O Yes O Priority
Rem	narks:









5. Use basic biosecurity methods such as fencing off or otherwise preparing a holding area.	
Do you propose action? O No O Yes O Priority	
Remarks:	
6. Clean and disinfect animal enclosures, tools and utensils before introducing a new flock or herd of animals.	
Do you propose action? O No O Yes O Priority	
Remarks:	
 7. Use appropriate protective masks and gloves when handling dead animals or those you suspect are sick. Do you propose action? No Yes Priority 	
Remarks:	
8. Disinfect protective devices and store	
them in a hygienic manner.	
Do you propose action? O No O Yes O Priority	
Remarks:	

Buy chickens, ducks, and pigs only from well-known, authorized sellers.	
Do you propose action? O No	3
○ Yes ○ Priority	
Remarks:	
	CERTIFIED POULTRY
10. Shower, shampoo, and change into clean clothes immediately after visiting an	•
infected animal farm.	
Do you propose action?	
NoYesPriority	
Remarks:	
	I I I I I I I I I I I I I I I I I I I
 III. Slaughtering animals safely 11. Set aside an appropriate work area for animal slaughtering and cutting of meat. Do you propose action? No Yes Priority Remarks: 	Work Area
12. Enclose slaughtering areas to prevent other animals – including wild birds, rodents, or insects – from entry. Do you propose action? No Yes Priority Remarks:	

13. Practise good personal hygiene before and after handling animals and their carcasses. Do you propose action? No Yes Priority Remarks:	
14. Look for signs of animal influenza before and during slaughtering. Do you propose action? No Yes Priority Remarks:	
15. Avoid contaminating animal carcasses with waste during slaughtering. Do you propose action? No Yes Priority Remarks:	
16. After slaughtering, wash fecally contaminated animal carcasses and meat thoroughly with chlorinated water. Do you propose action? No Yes Priority Remarks:	

17. Provide good ventilation and lighting.	
Do you propose action? O No O Yes O Priority	
Remarks:	
18. Use waterproof materials for wall and floor surfaces for easy cleaning and disinfecting.	
Do you propose action? O No	W G O
O Yes O Priority	- Indiana
Remarks:	www
19. Prepare special covered containers for collecting and keeping animal wastes.	
Do you propose action?	
O No	
O Yes O Priority Remarks:	
Remarks:	
20. Regularly clean and disinfect the slaughtering area and equipment.	
Do you propose action?	
NoYesPriority	
Remarks:	
TCHAIRS	

IV. Disposing of dead animals and waste

21.	Burn or bury animal wastes at least 50 cm deep and use disinfectant on the wastes.
	Do you propose action? O No
	O Yes O Priority
Ren	narks:
22.	Select burial sites that are distant; at least 30 meters away from rivers, canals, and other bodies of water.
	Do you propose action? O No
	O Yes O Priority
Ren	narks:
23.	Adopt good personal hygiene habits for workers engaged in animal disposal and waste management.
	Do you propose action? O No
	O Yes O Priority
Ren	narks:
••••	
V.	Reporting diseases swiftly
24.	Know signs and symptoms of poultry and pigs infected with influenza.
	Do you propose action? O No

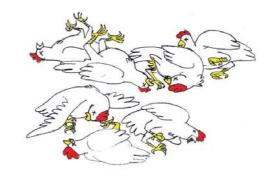
O Yes

O Priority









25. Watch your poultry and pigs carefully every day for early signs of animal influenza. Do you propose action? No Yes Priority Remarks:	
 26. Report sick and dead animals immediately, including suspect ones, to the local veterinarian, the village head, or community volunteers. Do you propose action? No Yes Priority Remarks:	
27. Consult a doctor or a Primary Care Unit whenever you or a family member has a high fever or severe coughing, sneezing, or general weakness. Do you propose action? No Yes Priority Remarks:	

Collecting animal influenza information to protect your health.

BENEFITS FOR FARMERS/WORKERS

Farmers and workers can better protect their health when they have updated information on animal influenza. Avian and swine influenza are diseases of birds and pigs, respectively. These diseases are infectious and can be transmitted from animals to humans or humans to animals.

The virus can infect farmers if they come into close contact with infected animals or materials contaminated with their droppings, blood, carcass, offal, and/or body fluid. The virus damages both your health and your income from buying and selling poultry and/or pigs. Your family, neighbours, and customers may be affected.

Knowledge of and protective measures against animal influenza are improving. Many farmers are applying practical, low-cost measures to reduce infection risks. Updated information can give you effective methods to improve your poultry or pig farm and protect yourself and your family from animal influenza infection.

HOW TO IMPROVE

- 1. Ensure that everyone in your village gets basic information about animal influenza (Figure 1.1).
- Contact veterinary, health, or agriculture officers regularly to collect updated information and preventive measures. It is equally important to know the animal influenza situation in both your province and surrounding provinces and districts.
- 3. Pay attention to TV, newspaper, and radio news about animal influenza and advice for farmers.
- 4. Share the collected information with your family. Teach your children to avoid contact with sick or dead animals and their remains. Ensure that nobody eats infected animals.

WAYS TO PROMOTE COOPERATION

1. Exchange all animal influenza information with your neighbours. Use any occasion (i.e. in village meetings, temples, coffee shops) to maintain farmers' attention. Seek new information from them as well.

2. Learn about and share low-cost good practices to reduce risk of animal influenza infection. Such practices include wearing personal protective devices, waste management, hand hygiene, covering nose/mouth when coughing or sneezing, and using paper tissues to contain respiratory secretions.

MORE HINTS

- 1. Look for correct and updated information. Don't trust gossip and rumours. If you have any doubt or questions, contact veterinary, health, or agriculture offices for clarification (Figure 1.2).
- Don't come into contact with your animals when you have human influenza. You may infect your animals and spread the disease.
- 3. Make preparations for when animal influenza spreads to your village or its surroundings. Collect information about support measures and government compensation for when farmers lose animals due to official animal-influenza control and eradication measures.

POINTS TO REMEMBER

Accurate, updated information will protect you, your family, your income and the whole community.

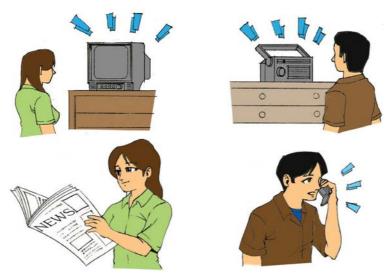


Figure 1.1 Farmers need to gather updated and accurate information on animal influenza to protect health and income. Pay attention to newspapers, TV and radio news. Exchange the collected information with neighbours. If you have Internet access, a useful web link is http://www.oie.int.

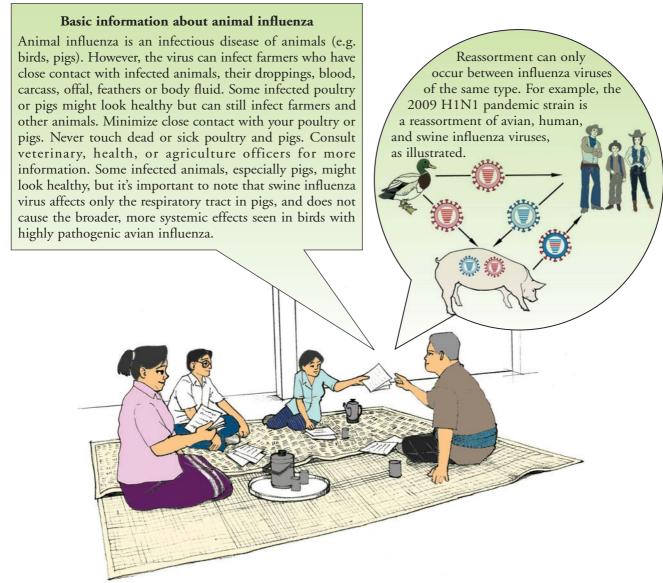


Figure 1.2 Consult veterinary, health and agriculture officers in your village or district if you have any questions or doubt.

Handling animals safely.

BENEFITS FOR FARMERS/WORKERS

Practical, low-cost measures are available to reduce animal-influenza infection risks to farmers/workers. More and more farmers/workers are using basic biosecurity methods such as special animal enclosures to reduce infection risk among their animals and themselves. You, your family members, and your animals (your income sources) will be better protected through these methods—efforts that also help protect the neighbouring farmers.

Farmers/workers are increasingly applying personal hygiene measures such as washing hands thoroughly or using protective equipment when handling sick or dead animals. These good personal hygiene habits greatly reduce their risk of infection, while also protecting their families.

HOW TO IMPROVE

- 1. Wash your hands with soap carefully before and after handling animals (Figure 2.1).
- 2. Use protective gear such as masks, gloves, aprons, goggles, and boots when handling animals (Figure 3.2).
- 3. Apply basic biosecurity methods. For example, house poultry and pigs in an enclosed area (Figure 2.2) and install disinfectant footbaths at all entry points. These measures reduce the risk of your animals being exposed to animal influenza from other animals including humans.
- Know the early signs and symptoms of animals infected with animal influenza. Don't touch infected animals.
- Clean and disinfect animal enclosures, including cages, utensils, and tools, especially before moving in new flocks of poultry or herds of pigs.
- 6. Farmers/workers working in an animal house should avoid unnecessary visits to other animal houses and their own animal farms.

WAYS TO PROMOTE COOPERATION

1. Share your good practices with other farmers and workers. Assist neighbouring farmers who are slow to make improvements. It's important to increase protection levels in the same village

- and community to ensure effective protection from animal (avian, swine, etc.) influenza.
- 2. Join neighbours in promoting a village campaign for safe handling of animals and good personal hygiene habits.

MORE HINTS

- 1. Ensure that children don't touch sick or dead animals or their remains. Teach children and family members about such personal hygiene practices as washing hands, changing clothes, and using protective devices.
- 2. Buy poultry and pigs only from well-known, authorized sellers, not from unknown sources.
- Protective gear needs to be kept in a hygienic manner. Disposable masks and gloves must always be discarded after use. Never reuse.
- Reusable gear must be washed and disinfected immediately after use and stored in a hygienic manner.
- When you find poultry or pigs that are sick or dead, don't touch them. Contact veterinary, health, or agricultural offices immediately.
- 6. Cover your nose and mouth every time you cough or sneeze to prevent spreading the disease. Discard used paper tissues properly.
- Prevent transmitting the disease after visiting the infected farm by washing, shampooing, and changing into clean clothes before entering your own farm.
- 8. Don't handle animals if you show any signs of respiratory diseases, for example coughing, sneezing, or fever.
- 9. In high-risk infection areas, an animal influenza vaccine could be used. Consult a local veterinarian offices for advice.

POINTS TO REMEMBER

Farmers/workers can promote safe handling of poultry and pigs by using practical, low-cost measures.

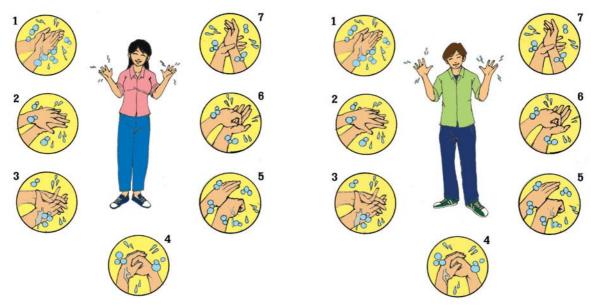


Figure 2.1 Wash your hands with soap before and after handling animals. Clean palms, fingers, wrists, and backs of hands.

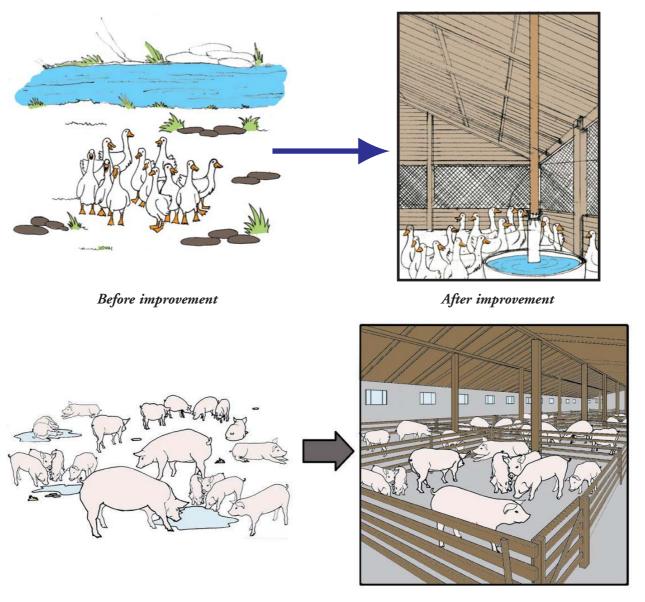


Figure 2.2 Use basic biosecurity methods to reduce infection risks to animal influenza.

Slaughtering animals safely.

BENEFITS FOR FARMERS/WORKERS

Safe slaughtering methods protect farmers/workers and their families from animal-influenza infection. Slaughtering involves especially close contact with animals—farmers/workers should know the infection risks and take necessary preventive measures.

You can reduce risk of infection by using practical, low-cost methods. These include safe catching of animals, use of protective devices, maintenance of hygienic slaughtering facilities, and proper waste management. Farmers/workers are advised to cooperate with their neighbours to spread these practical measures.

HOW TO IMPROVE

- 1. Designate a work area for slaughtering and cutting of meat, and allow only assigned farmers/workers to come in. Don't use the area for other purposes.
- 2. Enclose the area to prevent other animals, including wild birds and pests, from entering.
- 3. Observe chickens, ducks, or pigs carefully before catching them for slaughtering. Don't touch them if they appear to be sick or show any sign of animal influenza (See Figure 5.1).
- 4. Catch and slaughter animals/poultry skillfully, taking care not to spread their feathers, blood, body fluid, etc.
- 5. Use protective equipment such as masks, rubber gloves, boots, and plastic aprons to avoid direct contact with animals (Figure 3.1). Wear a mask properly (Figure 3.2). The equipment will minimize your contact with carcasses, blood, body fluid, and animal parts.
- 6. Wash hands thoroughly with soap before and after slaughtering. Palms, fingers, nails and the backs of hands must be cleaned.
- 7. Prevent animal carcasses from being contaminated with their wastes, especially feces from intestines.
- 8. Clean and disinfect the slaughtering area, utensils, and equipment after work. Keep gear in

- clean and enclosed containers to avoid contact with insects, rodents, and other pests.
- Use waterproof materials—which are easy to clean and disinfect—for floors and walls in the slaughtering and meat-cutting area. Prevent the accumulation of debris and germs in cracks or broken areas.

WAYS TO PROMOTE COOPERATION

Exchange good practices for reducing animal influenza infection with your neighbours, e.g. the use of personal protective devices, designated areas for slaughtering, and effective hand-washing. The local veterinary, health or agriculture offices should also be able to provide useful advice on safe slaughtering.

MORE HINTS

- 1. Don't allow children or inexperienced persons to catch the animals.
- 2. Slaughtering areas should be well ventilated and lighted. Open windows must be screened.
- 3. Use a workstation. Adjusting the working height to about elbow level makes work easier and safer.
- Use disposable masks and discard them after use. Non-disposable masks should be washed and disinfected after use.
- 5. Wash and disinfect rubber gloves, boots, and aprons right after each use. Don't wash them together with other clothes.
- 6. Use special containers to collect animal wastes. Dispose of the wastes hygienically (Figure 4.2).
- Consider killing sick animals humanely, and report to local veterinary or health officers first (Figure 5.1). Dispose of carcasses immediately and hygienically.

POINTS TO REMEMBER

Protect yourself. Learn the many low-cost, practical methods of safe slaughtering.

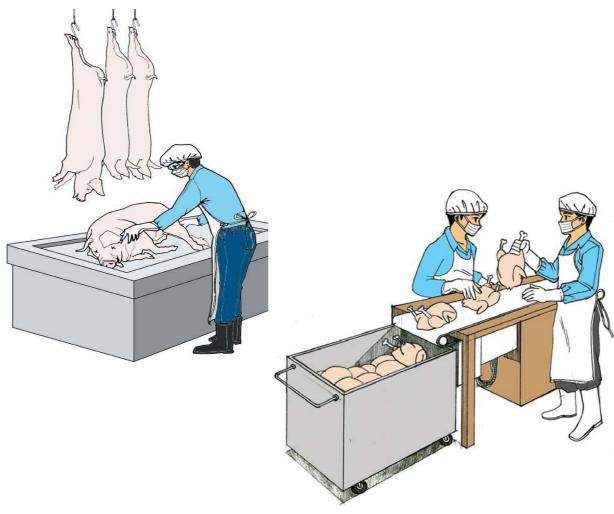


Figure 3.1 Wear masks, gloves, boots, and aprons when you slaughter animals (i.e. poultry, pigs) and cut their meat. Use a designated workstation for this purpose only, never for other purposes. Always keep work areas tidy and clean after work.

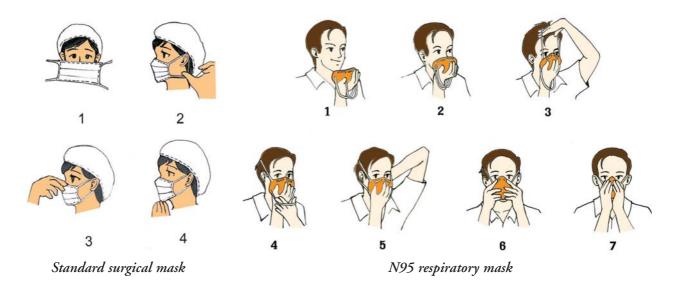


Figure 3.2 Wear the appropriate mask correctly. Don't touch the inside of the mask. The mask should fit your face closely with no air leakage between face and mask. For routine slaughtering work, a surgical mask (left) is recommended. If you need to handle sick or potentially infected animals or poultry, you must wear a N95 respiratory mask (right). Ask your employer to provide the equipment necessary to work safely.

Disposing of dead animals and waste properly.

BENEFITS FOR FARMERS/WORKERS

Carcasses and wastes of infected poultry, pigs, and other animals contain the animal influenza virus and can be a source of infection. Farmers/workers should pay special attention to feathers, skin, body fluid, feces, bones, and other leftover body parts of infected animals and dispose of them properly. Dispose of contaminated soil properly, as well. Avoid direct contact with carcasses and wastes to protect yourself, your family, and your customers.

Get advice from veterinary and health officers. Many practical, low-cost ways of disposing hygienically of animal carcasses and improving waste management are available. These measures can reduce the danger of animal influenza infection among farmers/workers, your families, and your customers, protecting your businesses as well as your health.

HOW TO IMPROVE

- 1. Wear masks properly (Figure 3.2) whenever you collect animal or poultry wastes. Use a mask, rubber gloves, plastic apron, and boots to protect yourself.
- Prepare a special covered container to collect animal wastes. Place a big plastic bag inside so that these wastes can be easily disposed of without leaking.
- 3. The collected wastes should be burned or buried. If you bury them, use a designated area, dig a hole more than 50 cm deep, and bury the waste bag. Spray disinfectant on the waste before burial and again on the pit after burial.
- 4. The burial area should be enclosed, blocking entry by scavengers. Post a sign informing people not to approach that area. Ensure that burial sites are distant from public water sources, at least 30 meters away.
- 5. After selling poultry and/or animals and before the new flock arrives, remove animal wastes and litter, and clean and disinfect the animal house (Figure 4.1).
- 6. Call the nearest veterinary or health officers immediately after you find dead or sick poultry

- or swine with suspected animal influenza infection. Follow their instructions. Stop people and animals from entering or leaving the farm.
- 7. Workers disposing of animal waste need to wear protective clothing (Figure 4.2). These workers must shower, shampoo, and change into clean clothes after work. Clean and disinfect the protective items after use.

WAYS TO PROMOTE COOPERATION

Examine your workplace and review your work procedures. Identify possible contacts with wastes from poultry, swine, and other animals. Discuss with your family and neighbouring farmers how to avoid direct contact with such animal wastes. Learn from existing good practices of other farmers.

MORE HINTS

- 1. Never mix wastes from infected poultry or swine with other, general family and farm wastes.
- 2. Provide a special container for collecting wastes at the place where you slaughter poultry or swine. Place a big plastic bag inside the container so that collected wastes cannot leak and can be easily disposed of.
- 3. Filter and treat waste water from poultry or animal farms prior to discarding it into the environment.
- Apply pest-control programmes. Consult with a local veterinary authority for advice on proper hygienic practices in both farm and slaughterhouse.

POINTS TO REMEMBER

Collect and dispose of poultry, swine, and other animal wastes safely.



Figure 4.1 Clean and disinfect your poultry or animal farm after you sell your produce. Remove the wastes, and leave the house/enclosure vacant for at least one week before the new flock or herd of animals arrives. Feeding and watering utensils and farm equipment must also be cleaned and disinfected. This will protect your next batch of animals from animal influenza infection while protecting your own health.



Figure 4.2 Follow the instructions of agricultural, veterinary, and health officers when disposing of animal carcasses (i.e. poultry, swine, other animals) having suspected animal influenza infection, and their wastes. Use bags and special containers to collect dead bodies and waste before you burn or bury carcasses and wastes properly. Disposal workers must wear N95 respiratory masks, goggles, gloves, boots, and protective clothes to prevent infection. After work, the disposer must always clean and change into new clothes. Stop people and animals from entering and leaving by fencing the site properly.

Reporting diseases swiftly.

BENEFITS FOR FARMERS/WORKERS

Rapid government action is needed to stop the spread of animal influenza. Farmers and workers are often the first persons to discover the disease and report to the Government.

Your swift reporting of animal influenza facilitates rapid government response (agricultural, veterinary, or health offices) and prevents spread of the disease. Swift preventive measures can increase protection of your health and business.

HOW TO IMPROVE

- 1. Know the signs and symptoms of infection with poultry and swine influenza. See Figure 5.1.
- 2. Observe your poultry and swine carefully every day. If they show signs of sickness characteristic of avian or swine influenza, report suspected sick and dead animals immediately to the community head, community volunteers, or government officers (veterinary, health, or agriculture officers). Consult them even if you aren't sure if the disease is avian or swine influenza.
- 3. When you or your family members have high fever and severe cold symptoms such as coughing, sneezing, or general weakness, contact a doctor or a primary care unit (PCU) in your village immediately.
- 4. If the patient has been in contact with poultry, wild birds, or swine or their wastes, inform the doctor, PCU personnel, or health volunteers immediately. The information is useful for proper diagnosis of the disease, and will allow the patient to receive appropriate medical treatment swiftly.

WAYS TO PROMOTE COOPERATION

Study signs and symptoms of avian and swine influenza with other farmers and villagers. Local veterinary, health, or agriculture officers will help you. Learn from prior cases about how poultry, pigs and people were infected with avian and swine influenza, and how people in the affected areas fought against the disease. Discuss ways to promote

immediate reporting of the disease and mutual cooperation among farmers and concerned villagers.

MORE HINTS

- Know who the health or livestock volunteers are in your village. They will assist you in proper reporting.
- 2. Avian and swine influenza can infect not only farmers but also slaughterhouse workers, sellers of contaminated eggs and meat, and customers. Help these people at risk recognize and understand the disease and know how to protect themselves. Don't sell or eat meat and eggs from sick poultry and swine.
- 3. When you are about to lose your poultry or swine due to avian or swine influenza, you may get compensation or other support from the Government if your report is prompt. Contact the government office at once when you see possible signs of animal influenza.
- 4. Help your farmer friends who have already lost poultry, swine, or other animals. Share information about government support.

POINTS TO REMEMBER

Prompt reporting and rapid response will prevent the spread of avian and swine influenza, protecting your health and business.

- Chickens infected with avian influenza may show some of the following signs: inability to walk or stand; ruffled feathers; loss of appetite; difficulty in breathing; depression; bluish colouring of wattles and comb; swelling of head, eyelids, comb, wattles, and/or hocks; diarrhoea; slight bleeding (most visible on feet and shanks); sudden fall in egg production; unusual effort in laying eggs.
- Symptoms of swine influenza, on the other hand, may not be noticeable. If there are signs, they will likely include coughing, runny nose and eyes, sneezing, depression, lack of appetite, difficulty breathing, and high fever.

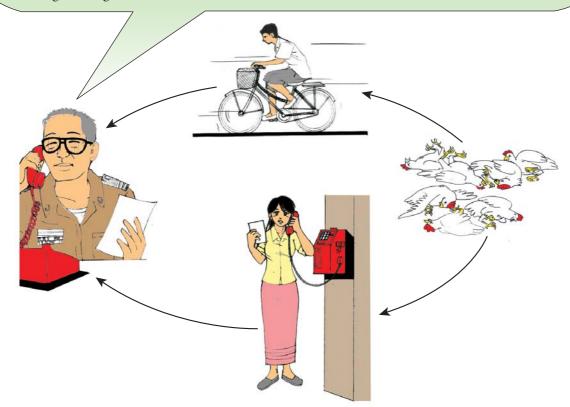


Figure 5.1 Learn the symptoms and signs of animal influenza. When you find suspected cases, report immediately to nearest agricultural, health, or veterinary officers, and/or other concerned government agencies.



Figure 5.2 Tell children to stay away from dead or sick birds and animals.



Figure 5.3 Learn to recognize early signs and symptoms of animal influenza in human cases.

Annex

Information sources

Bureau of Emerging Infectious Diseases Department of Disease Control Ministry of Public Health Floor 4, Building 8, Tiwanond Road Nonthaburi 11000

Tel: +66 2 590 3275 Fax: +66 2 590 3397

Website: http://beid.ddc.moph.go.th/th/index.php

Avian Influenza Control Centre Bureau of Disease Control and Veterinary Services Department of Livestock Development Ministry of Agriculture and Cooperatives 69/1 Phya Thai Road, Ratchathewi Bangkok 10400

Tel: +66 2 653 4444 ext. 5112

Fax: +66 2 653 4865

E-mail: dcontrol8@dld.go.th

Website: http://www.dld.go.th/dcontrol/indexdcon.htm

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Regional Office for Asia and the Pacific (RAP)

Maliwan Mansion Phra Atit Road Bangkok 10200 Tel: +66 2 697 4000

Fax: +66 2 697 4445

Website: http://www.fao.org/world/regional/rap

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Protecting your health and business from animal influenza

Action manual for farmers and workers

Outbreaks of avian influenza in the recent past, and the current spread of Influenza A (H1N1) stemming from swine, have prompted worldwide concern. This training manual has been developed to promote safe practices. The manual is user-friendly and practical, providing an action checklist of various prevention measures, including explanations and descriptions. The unique, participatory training methods of the ILO's Work Improvement in Neighbourhood Development (WIND) and Work Improvement in Small Enterprises (WISE) programmes were used to promote understanding and encourage improvements in the actions of farmers and workers.

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