

## **Quarantine guidelines for avian Influenza**

**Quarantine** refers to separation and restriction of movement of persons who, when not yet ill, have been exposed (or are considered to be at high risk of exposure) to AI case during its period of communicability.

The quarantine measures will depend on the disease pattern in the country. Three situations have been identified along with measures for quarantine that need to be followed:

Where avian influenza is suspected in birds/poultry

Where one or more human cases of avian influenza (as per standard case definition) have been reported;

Where human-to-human transmission has been established in a small cluster.

### **Quarantine where avian influenza is suspected in birds/poultry**

- The following quarantine measures are recommended for human beings:
- Quarantine of the affected village and all villages within a radius of 0–3 km, whichever is more. This will apply to exposed individuals (poultry workers, community members, etc.) within the above-specified area. No one from the affected area will be allowed to move out of the infected zone, nor will outsiders be allowed to enter the affected area. Medical care, food supply, social support, communication and psychological assistance for the people in the community under quarantine should be ensured. Schools, colleges, cinemas, weekly markets should be closed and social gatherings should be avoided.
- Those engaged in culling activities will be quarantined for a period of 10 days after the last culling.
- The health care providers working in the field and visiting the affected area would take necessary chemoprophylaxis before the visit. The team members would be quarantined in the defined geographical area for 10 days after the last exposure.
- Extensive IEC activities should be undertaken for proper enforcement of the above recommendations.

### **Where one or more human cases of Avian Influenza have been reported**

- All action as per outbreak in birds/poultry should be undertaken in addition to the following measures.
- Place suspected cases in isolation and manage according to recommended procedures for infection control.
- Chemoprophylaxis should be given to all contacts of the cases.
- Strict adherence to infection control practices in the health setting.

### **Where human-to-human transmission has been suspected or established.**

In addition to above mentioned action the following measures should be undertaken.

Some containment measures like social distancing and travel restriction should be taken.

## Health monitoring in the community during quarantine period

Most patients infected with the H5N1 virus show initial symptoms of fever (38°C or higher) followed by influenza like respiratory symptoms, including cough, running nose, sore throat and (less frequently) shortness of breath. Watery diarrhea is often present in the early stages of illness, and may precede respiratory symptoms by up to one week. Gastrointestinal symptoms (abdominal pain, vomiting) may occur and headache has also been reported.

- Check for these signs (especially fever) each day (morning and evening) during potential exposure and for 10 days after the last exposure.
- Communicate development of any symptoms to the medical officer.

### Management of suspected cases

- Place suspected cases in isolation and manage according to recommended procedures for infection control.
- Collect sample from suspected cases according to national guidelines and submit samples to regional or national laboratories for investigation

### Advice about contact with poultry in an area with HPAI **(To be used in SoP for IC team on risk communication)**

- Avoid handling (live or dead) chickens, ducks or any other poultry even if the bird looks healthy.
- Children should not be allowed to have contact with poultry or any other affected birds (live or dead).
- Avoid contact with chicken farms, duck farms or any farm where birds have been sick, killed or are thought to have bird flu.
- If a person comes into contact with an environment that has had sick/ dead chicken, ducks and other poultry products, he/she must wash hands properly. Monitor his/her temperature for minimum of seven days regularly. If he/she develops a high temperature, consult a doctor immediately.