

《专家支招：如何预防H7N9禽流感》



1. H7N9 Avian Flu Prevention General Knowledge: 1. Illness symptoms are typical of viral pneumonia, with rapid onset, with early stages being high fever (38 degrees or above), coughing and other respiratory tract infection symptoms. 5-7 days after onset of the illness, breathing becomes difficult. 2. Thoroughly cook chicken meat and do not eat half-cooked chicken eggs. 3. Guangdong's Center for Disease Control has said oseltamivir can be used for early stage treatment. 4. Avoid contact with live poultry and pigs, etc. 5. The virus can be destroyed after 1 minute in 100° temperatures. (Compiled according to public information)

H7N9???????1.????????????????????????38????????????????????5-7????????????????????????3.??????
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2. After listening to the Shanghai H7N9 press conference, I have a few pieces of advice: 1. If you can help it, avoid eating pork and chicken. 2. Avoid eating out as much as possible, because the source of the poultry is uncertain. 3. If you come down with the flu, don't go to the hospital in a panic, first observe for some time, as a hospital's environment is sealed, and there's a possibility of overlapping infection. 4. Do more exercise and eat more fruits and vegetables, to strengthen your immune system. 5. Be vigilant, paying attention at all times to information from Chinese authorities, Hong Kong media, and the World Health Organization.

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3. From this point on, everyone must eat fully-cooked food, eggs too cannot be eaten too soft, the H7N9 virus cannot survive being heated at 65° for 30 minutes and at 100° for two minutes. You must not allow yourself to get sick, be sure to stay warm, don't hang around places with poultry, and for now don't eat any poultry products. Remember to also diligently wash your hands, and not give the virus the chance to enter your body. Everyone take care of your health!

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