

Is The Bird Flu Going To Be The Death Of Us? It Can Be...

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**Is The Bird Flu Going To Be The Death Of Us? It Can Be...**

**By Larry Evans**

All this talk to bird flu has really thrown us all into a tizzy these days but is it something that we

really need to be so concerned about? Well, this really depends on who you ask. Some experts will tell you that this new outbreak of bird flu is going to wipe out one third of the worlds population while another stands by and simply scoffs at such a prediction. Getting down to the bottom of the bird flu is hard to do and in the end there is not much you can do about it either way.

So far the bird flu has not spread to all countries, and the vast majority of those who have been affected actually handled the birds or came into contact with contaminated spaces. So if this is anything to go by, if you do not have chickens then you should be safe from the bird flu. There have been no reports as of yet of any bird flu victims catching the flu from other people, only from the birds themselves. I don't know about you but this certainly puts my mind at rest somewhat.

There is more than one strain of bird flu however and they all act a little differently and like any other virus is subject to constant mutations. The current strain of bird flu may not be passed from human to human yet but in time it may learn to transmit itself in this fashion. Viruses are smart and they learn quickly so even if you have no contact with any birds you need to watch out and take some precautions.

You will need to start being even more hygienic that you already are to avoid catching bird flu. Wash your hands more often and do not touch people if you do not have to. For example when you are out and you meet someone don't necessarily shake their hand and if you do wash your hands right away. This is your health and it is even more important than always being overly polite.

There are also vaccines that are being developed as you read that will hopefully be able to lower your chances of contracting bird flu. These vaccines have gotten a lot of hype lately and we can only hope that they are as effective as they are said to be in containing and eliminating the bird flu.

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must stay with this article.

## **Bird Flu: A Few Facts**

**By Dylan Miles**

What is bird flu? What do you need to know about it? How does it affect you? Accurate and detailed information is available freely from medical professionals and on the Internet. As a brief introduction, below are some basic facts about bird flu.

### 1. What is bird flu?

Avian influenza, or bird flu, is a contagious disease that affects chickens, ducks, turkeys, and other birds. Bird flu was first detected over 100 years ago and nowadays comes in a variety of about 20 strains. Most recently, outbreaks of the viral disease have been caused by the H5N1 strain, which is a particularly deadly strain of the virus.

### 2. Can I be infected with bird flu?

The H5N1 strain of the flu, also called the Asian bird flu because it recently was detected in Asia, has a small risk level for human beings because it cannot be transmitted from one human being to another. A human being can only be infected from direct contact with a sick animal. It is possible that this could change and that the strain could evolve into a virus that can be transferred from one human to another. But this is not the case now.

### 3. Is there a treatment for bird flu?

Professionals currently researching the Avian bird flu claim that rimantidine and amantidine, two cheap and popular flu drugs, have no power over the bird flu, but Relenza and Tamiflu, two other flu drugs, can indeed effectively treat the viral disease.

### 4. Is there a risk of a bird flu epidemic?

Experts in this area suggest that rapid and extensive culling and quarantining of potentially infected animals is the best way to prevent an epidemic. Another option is vaccination of birds against the bird flu virus.

Dylan Miles, journalist, and website builder, lives in Texas. He is the owner and co–editor of

<http://www.immunbirdflu.info>

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on which you will find a longer, more detailed version of this article.



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