

Bird Flu: Consumption Facts

According to the World Health Organization, people can't get bird flu from properly handled and cooked poultry. There is **NO** danger of getting the bird flu from eating properly cooked chicken, eggs or other poultry. The bird flu is caused by a virus. Like all microorganisms, this virus is killed by the heat of normal cooking, at least 70 degrees centigrade. When cooking poultry, make sure the meat is not pink and when cooking eggs, make sure the eggs are not runny.

To keep Ghana healthy and strong, always follow good hygienic practices when cooking:

1) Wash your hands with soap or ash before and after preparing and cooking food.

2) Store and prepare meats apart from other foods.

Ghana does not have and has never had one reported case of the bird flu (H5N1 virus). Additionally, Ghana does not import chicken or poultry products from countries that have had an outbreak of the bird flu virus. The risk of humans becoming infected with the H5N1 virus that causes bird flu is low.

