

## **Transitional Season: Bird Flu Outbreak is lurking**

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At the beginning of the new year, Indonesia is entering a transitional season when the weather condition is uncertain. "In such a season, or often called an extreme season, we must be alert to the arrival of various diseases, especially the spread of H1N5 virus or more commonly known as bird flu," said Dr.drh. Sri Murtini, MSI, a lecturer from the Faculty of Veterinary Medicine, Bogor Agricultural University (IPB), in an interview in the Rural Broadcast Program on Monday (23/1) by phone with the Radio of the Republic of Indonesia (RRI).

Further, Dr. Sri said in general during an extreme weather there is bird flu outbreak. "When we look at the hospital, many people, regardless of age, both old and young, suffer from this disease. The disease is transmitted by pets such as chickens and birds," she said. According to the survey, the disease appears from such places small houses with a less clean environment, where people live with pets in a cage at their home. The air circulation is poor because the houses are very close to one another. Dr. Sri reminds of cleaning the animal cages with safety tools such as gloves, masks and washing hands with soap and water.

"We need to remind ourselves that personal hygiene and environmental sanitation should have become our culture. If from an early age we are not accustomed to living cleanly and healthy, how can we obtain a healthy living expected by all of us. We hope the slogan "mens sana in corpore Sano" meaning in a healthy body, there is a strong spirit is not just a slogan, but becomes our goal in reality," said Dr.Sri. (Mtd).