

## Information about project on detecting avian influenza virus infection in people in contact with poultry, wild birds or mammals

Dear participant

You have been in contact with poultry, wild birds or mammals that can be potentially infected with avian influenza virus (AIV, also known as bird flu). Avian influenza is a disease that can occur in birds, and the AIVs that currently circulate have shown the ability to infect various mammals. In rare cases, AIVs can also infect humans. People who become infected with AIV can have either no, mild or severe symptoms.

### Purpose of the project

The purpose of the project is to assess the feasibility of collecting samples to test for AIV from persons exposed to a) infected poultry or b) wild birds/mammals. Since avian influenza poses a risk to public health, the overall goal is to gain knowledge and tools to contain and prevent spread of avian influenza viruses between humans to reduce the risk of adaptation of the viruses to humans.

Other countries in Europe have conducted similar initiatives, including Austria, Belgium, France, the Netherlands, Spain and England. The Danish study started as part of the previous European project [UNITED4Surveillance](#) and will continue as part of the current EU-co-financed project [UpSurvDK](#).

### Who can participate?

We are addressing persons above 15 years of age that have been in contact with either a) poultry with confirmed AIV infection or b) wild birds or mammals with unknown infection status.

The project is intended for persons **without symptoms, or with mild e.g. cold-like symptoms**. Participation in this project is voluntary.

For the poultry exposed contacts, we specifically invite persons, who have either **not used personal protective equipment (PPE)**, or who have had a **breach of PPE** in connection with handling infected poultry and/or their environment.

### How can I participate in this project?

By participating in this project, you contribute important knowledge about the risk of infection from animals to humans. If you wish to participate, you will be given the required self-sampling kits.

We ask all participants to complete the following six steps for each sample submission:

- 1. Sample collection through self-sampling of nose and throat using the same swab**
  - *See instructions in the test kit for correct self-sampling and packaging.*
  - Please sample yourself preferably 1-2 days after contact with a) infected poultry or b) wild birds/mammals.
  - Sampling consists of self-swabbing nose and throat using the same swab, which is also known from the COVID-19 epidemic. This takes approx. 5 minutes.
  - After sample collection, put the sample in the transport tube and label the transport tube with the barcode sticker from the submission form.
  - For persons exposed to infected poultry, we kindly ask you to collect a **second sample 2-3 days after the first**. You will receive a second self-sampling kit for this.

## 2. Fill in the submission form (*projektblanket*)

It is particularly **important to fill in your name, CPR- and telephone number.**

## 3. Fill in questionnaire

This will take approximately 5 minutes. The questionnaire helps us to be able to process your sample correctly in the laboratory, as well as gather knowledge about risk factors in connection with contact with birds or mammals.

## 4. Fill in and sign declaration of consent

You receive two copies – one to send to SSI and an extra copy for your own use. Please also familiarize yourself with SSI's processing of personal data here: [Active Monitoring for Zoonotic Influenza in Humans](#)

## 5. Label documents and sample tube with barcode stickers from the submission form (*projektblanket*)

Items to be labelled are questionnaire, declaration of consent and sample transport tube.

## 6. Send the labelled sample tube, submission form (*projektblanket*), questionnaire and declaration of consent to SSI in the enclosed pre-paid return envelope

### When and how will you receive your test result?

Your samples will be tested at SSI, and it can take **up to a week** before you receive the test result. You can see your test result on [sundhed.dk](http://sundhed.dk). If your test is positive, you will be contacted by a healthcare professional from SSI.

### What happens when your test is positive for avian influenza?

If your test is positive for avian influenza, a healthcare professional from SSI will contact you and inform you about the further process. This includes questions about symptoms of infection and which people you have been in contact with after you developed symptoms/ tested positive. At the same time, you will be encouraged to contact your own doctor for possible confirmatory tests and treatment.

SSI will also explain the recommendations from the Danish Health Authority on the prevention of the spread of infection, including potential self-isolation in accordance with DHA's guidelines: [Forebyggelse og håndtering af zoonotisk influenza hos mennesker | Sundhedsstyrelsen](#)

In addition, SSI is obliged to inform the Danish Patient Safety Authority (DPSA) that might initiate contact tracing of persons you have been in contact with.

### Handling of your data and samples

You can read more about SSI's processing of personal data here: [Active Monitoring for Zoonotic Influenza in Humans](#)

SSI is obliged to inform international bodies of any positive findings as part of the international preparedness for infectious diseases. This will be done **confidentially and anonymously.**



## Do you develop symptoms?

Regardless of whether you are participating in this study or not, and develop flu-like symptoms (including eye inflammation, fever, shortness of breath, sore throat, cough and/or muscle pain) up to 10 days after you last had contact with animals with confirmed AIV infection or their environment, you should contact your own doctor by telephone, and inform them about your contact with infected animals. We recommend that you inform your doctor about the project. The doctor is welcome to contact SSI's virus hotline on 40336379 on weekdays between 9:00 and 15:30.

## Do you have other questions?

If you have any other questions about avian influenza or this project, you can contact nurse Tinna Ravnholt Urth, Central Unit for Infection Hygiene, Statens Serum Institut (phone: 32689217, email: [urt@ssi.dk](mailto:urt@ssi.dk))

We hope that you would like to participate in this project.

Kind Regards,

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Diagnostic Infectious Disease Preparedness

Statens Serum Institut



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