

What to do if exposed to Avian Flu



Avian flu is a disease that affects birds and some mammals. Avian flu can make people sick, but this is rare. Avian flu can make people sick by contact with sick animals, their manure, or bodily fluids (e.g. nasal discharge, unpasteurized milk).

Avian flu: Risk to people

Your risk of getting sick from avian flu is low. Avian flu rarely infects people. However, some avian flu viruses have made people sick in the U.S. and other parts of the world.

Monitor for signs and symptoms



RED EYES



FEVER



COUGH



SORE THROAT



RUNNY NOSE



SNEEZING



SHORTNESS OF BREATH



FATIGUE



SORE MUSCLES



HEADACHE



NAUSEA



VOMITING



DIARRHEA



SEIZURES



RASH

Having these symptoms does NOT always mean you have avian flu. However, it is important to call us (see below) right away so we can help you get testing and potential treatment.

If you feel sick

If you feel sick within 10 days of contact with a sick animal or their products, please do the following:

1. If you are having a medical emergency, please **call 911**.
2. If it is not an emergency, call the number listed below for medical evaluation, testing and treatment.
3. **Prevent the spread of germs to others.** Stay home, avoid close contact, wash hands with soap and water, cover coughs and sneezes.



4. For emotional support, call the U.S DHHS Distress Helpline available 24/7 at 1-800-985-5990.

WHO DO I CALL?

1st Choice: Contact Name: _____

Telephone: _____

2nd Choice: Contact Name: _____

Telephone: _____

