

## **Avian Influenza (Bird Flu)**

*TO FIND CURRENT OUTBREAKS PLEASE VISIT:*

*<https://www.cdc.gov/flu/avianflu/avian-flu-summary.htm>*

### **What is the Avian Flu?**

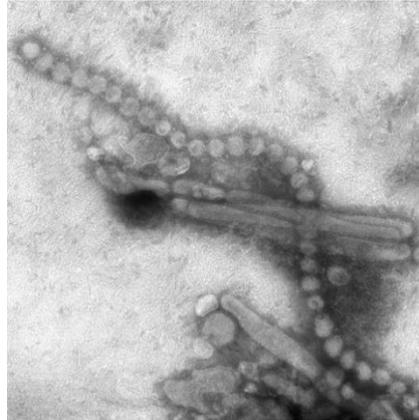
Avian flu or bird flu refers to diseases that are typically found in birds caused by a type A virus infection.

### **How does Avian Flu spread?**

Bird flu is spread through bird saliva, nasal discharges, and feces. They can also become infected through contact with surfaces that are contaminated with the virus from infected birds. Although bird flu usually does not infect people, there have been some rare cases of human infection with these viruses.

### **What are the signs of bird flu?**

- Coughs
- Muscle or body aches
- Headaches
- Fatigues
- Shortness of breath
- Diarrhea



### **How to prevent bird flu?**

- Always wash your hands when you come into contact with a bird.
- Avoid sources of exposure. Infected birds shed bird flu in their saliva, mucous, and feces.
- Wear protective gear when handling birds/chickens.
- Do not eat uncooked or undercooked poultry because it can make you sick.

### **Treatment?**

It is unusual for humans to get the bird flu, but if you ever come into contact with the bird flu and get it, please notify the local health department. there are limited anti-viral medications that will help such as Tamiflu and Relenza.