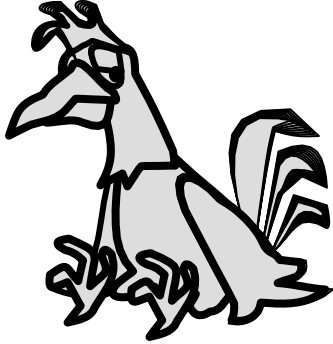


# BIRD FLU FACTS!



## WHAT IS AVIAN INFLUENZA (BIRD FLU)?

Avian Influenza, or bird flu, is a disease that occurs naturally among wild birds. The H5N1 virus is very contagious among birds and can make some birds, including chickens, ducks and turkeys very sick and kill them. The H5N1 virus has not yet been detected in the United States.

## HOW DO PEOPLE BECOME INFECTED WITH AVIAN INFLUENZA VIRUSES?

Bird flu viruses do not usually infect people. Most cases of avian influenza in humans have resulted from direct or close contact with infected birds or surfaces contaminated with droppings from sick or dead birds.



## WHAT ARE THE SYMPTOMS OF AVIAN INFLUENZA IN HUMANS?

They range from flu-like symptoms (fever, cough, sore throat and muscle aches) to eye infections, pneumonia, and other more serious complications.

Cook any wild or store-bought birds or eggs until they are done all the way through before eating.

## WHAT CAN I DO TO PROTECT MYSELF FROM BIRD FLU VIRUSES?



- Always wash your hands with soap and water after cleaning or handling any birds.
- Avoid contact with sick or dead birds. If you must handle them, use protective gloves.
- Thoroughly cook eggs and meat including poultry.
- Poultry owners should report any unusually sick or dead birds to the Texas Animal Health Commission at 1-800-550-8242.

*Be Prepared, Not Scared!!*

For more information visit [www.hcphe.org](http://www.hcphe.org)