

AVIAN FLU

FACT SHEET



What is Avian Influenza (Flu)?

Influenza viruses that infect birds are called "avian influenza viruses." Most cases of avian flu among people have occurred in Asia. All of these people had direct contact with infected poultry (mostly chickens). The avian flu is not related to the common flu in the US.

Can I get Avian Flu in LA County?

It is very unlikely that a resident of our county will contract the current strain of avian influenza. Avian flu has been identified in Asia, Africa, Europe and other parts of the world. Most people who were infected with avian flu had direct contact with infected birds.

What is the Common Flu?

Influenza, commonly called "the flu," is caused by the influenza virus. This virus infects the respiratory tract (nose, throat, lungs) of humans. Unlike many other viral respiratory infections, such as the common cold, the flu causes severe illness and life-threatening complications in many people.

What Can I do to Protect Myself Against

- ✓ A flu shot is available every year to help protect you from influenza.
- ✓ Frequent hand washing can help reduce your chances of infection.
- ✓ You can reduce the spread of the flu by covering your mouth while coughing or sneezing.

Additional information about influenza and avian influenza is available through the CDC at <http://www.cdc.gov/flu/>

For summaries of influenza in Los Angeles County visit:

<http://lapublichealth.org/acd/flu.htm>

