

AVIAN INFLUENZA (H5N1)

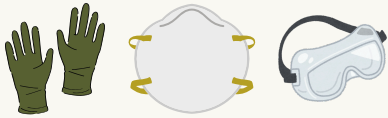
Also known as bird flu, avian influenza (H5N1) is a viral infectious disease commonly found in birds. Although it is rare, people can get sick with bird flu. Most people who have been infected got sick after close, unprotected contact with infected birds or animals.



SYMPTOMS OF BIRD FLU

- Fever (Temperature of 100°F or greater)
- Feeling feverish/Chills
- Cough
- Sore throat
- Difficulty breathing/shortness of breath
- Eye tearing, redness or irritation
- Headaches
- Runny or stuffy nose
- Muscle or body aches
- Nausea, vomiting, or diarrhea

HOW YOU CAN PROTECT YOURSELF IF YOU WORK ON A FARM



Use gloves, mask, and goggles when working with sick or dead animals, feces, or milk that may be contaminated with the virus. If you can't wear a mask and goggles, wear a face shield as an alternative.



Wash your hands with soap and water throughout the day and before touching your face or eyes.



Don't take home raw milk, eat raw milk or feed it to pets. You and your pets could get sick from drinking milk from sick cows.



Get a seasonal flu vaccine. Seasonal flu vaccination will not prevent avian influenza infection but can reduce the risk of getting sick with human and bird flu viruses at the same time.

WHAT TO DO IF YOU ARE EXPOSED OR FEEL SICK

You should monitor yourself daily for avian influenza signs and symptoms for **10 days** following exposure. Isolate yourself from other people right away. Call your doctor if you develop signs or symptoms of bird flu and tell them if you have been around sick animals or had contact with animal products on the farm. **Bring this flyer with you.**

Call the Public Health InfoLine at 833-540-0473

for questions or to find a nearby clinic or doctor.

Open every day from 8 a.m. to 8 p.m. ph.lacounty.gov/acd/diseases/h5n1.htm

