

BIRD FLU CAN MAKE WILD BIRDS, BACKYARD FLOCKS, FARM ANIMALS, AND YOU SICK

Bird flu, also known as avian influenza (H5N1), comes from wild birds.

- The bird flu virus can spread quickly between chickens, turkeys, ducks, and other backyard flocks with devastating effects.
- Bird flu can also make other animals like goats, cows, foxes, and cats sick.
- While it is rare for people to catch it, you can get sick from bird flu by being near sick animals or things touched by sick animals.

**PROTECT YOURSELF AROUND BACKYARD FLOCKS****WASH HANDS
BEFORE AND AFTER
HANDLING ANIMALS**

First remove waste, feathers, and dirt before using hand sanitizer when soap and water aren't available.

**WEAR DISPOSABLE
GLOVES WHEN CLEANING
BIRD FEEDERS, COOPS
AND BARNs**

Wash hands well with warm, soapy water after removing gloves.

**DON'T LET KIDS KISS BIRDS
OR FARM ANIMALS**

and wash your and their hands after touching animals.

**USE SEPARATE
SHOES OR BOOTS**

just for the coop and barn.

**AVOID EATING, DRINKING,
OR TOUCHING YOUR FACE**

while with animals or near where they live.

**IF YOU FIND A SICK
OR DEAD BIRD,
CALL FOR HELP**

**If your chickens,
turkeys, other birds,
or cows are sick:**

Contact Pennsylvania
Bureau of Animal Health
and Diagnostic Services
24 hours a day, 7 days a
week at **717-772-2852**
option 1.

**If you find sick or
dead wild birds :**

Contact the Pennsylvania
Game Commission at

833-742-9453 or

pgc-wildlifehealth@pa.gov.

They may arrange for
testing of the birds.

A REGULAR FLU SHOT IS A GOOD IDEA



The regular flu shot cannot prevent bird flu, but it can help prevent getting both regular flu and bird flu. If you are sick with bird flu and regular flu at the same time, the viruses could combine to make a dangerous, more contagious flu that could make many people sick. Getting the regular flu shot lowers the risk of a flu outbreak in your community.

WHAT TO DO IF YOU HAVE BEEN AROUND SICK ANIMALS

Take your temperature to check for fever for the next 10 days. Having red eyes that may or may be crusty or goopy can be the first sign of being sick with bird flu. Also, watch for chills or muscle aches, cough, runny nose, headache, sore throat, tiredness, trouble breathing, and/or diarrhea, vomiting, or stomach pain.

IF YOU FEEL SICK, CALL 1-877-PA-HEALTH

If you feel sick after being around birds or cows known to have bird flu, call your local health department or the Pennsylvania Department of Health (PADOH) at 1-877-724-3258.

It is important to be tested right away.

While you wait for results, stay home and away from other people and animals. **Testing done by PA DOH is FREE.**

GET MEDICAL HELP RIGHT AWAY

IF YOU HAVE DIFFICULTY BREATHING

If you can't breathe well or feel very sick (especially if you have been near sick or dead birds, or raw milk from cows) see a medical professional right away or call 911. Before you visit a healthcare provider, call ahead and say that you may have been exposed to bird flu.

Scan for information on keeping your flock safe:



[Defend the Flock \(usda.gov\)](https://www.usda.gov/defendtheflock)



[How Infected Backyard Poultry Could Spread Bird Flu to People](#)

Scan If your backyard flock has bird flu:



[Backyard Flock Owners: Take Steps to Protect Yourself from Avian Influenza \(Bird Flu\) \(cdc.gov\)](#)

WELLNESS CHECKS ARE AVAILABLE

- If a flock has bird flu, PDA and PADOH will work closely together to assess the situation and determine what is needed to respond.
- If your flock has bird flu, PADOH wants to ensure you, your family, and farm workers remain healthy.
- PADOH will check on you for 10 days after being near sick animals.
- If you get sick, PADOH will help you get tested.

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