

Protect Yourself Against Avian Influenza

Avian influenza (AI) is a virus that occurs naturally among birds. Also called avian flu or bird flu, AI can spread from birds to people through close contact with infected birds.

Avoid Unnecessary Contact with Birds

- Especially in areas known to have AI
- Do not enter bird cages or chicken pens
- Avoid contact with bird feces

Going Outside is Safe

- Always clean your hands with soap and water for at least 15-20 seconds after outdoor activities
or
- Clean with alcohol-based hand cleaner

Eating Poultry Products is Safe

- Wash hands before and after handling food
- Use latex or similar gloves if handling live birds
- Keep raw meat and their juices away from other foods
- After cutting raw meats, wash hands, cutting board, knife and countertops with hot, soapy water
- Sanitize cutting boards by using a solution of 1 teaspoon chlorine bleach in 1 quart of water
- Cook poultry to at least 165°F (74°C)
- Cook eggs until whites and yolks are firm

What if You Find a Dead Bird?

- Avoid handling dead birds. If you must handle dead birds, wear plastic gloves and wash your hands thoroughly afterwards
- Report sick or dead birds to local authorities
- In the United States, you can contact the U.S. Department of Agriculture toll free at 1-866-487-3297

When Should You See a Health Care Provider?

Seek care if you have any of the following: *(Especially if you are or have been in an area where birds are known to have AI)*

- Fever, headache, tiredness, dry cough, sore throat, nasal congestion, or body aches that are strong and do not go away after 7-10 days



<http://usachppm.apgea.army.mil>