

# Protect Yourself from Bird Flu

## What is Bird Flu?

- A virus that can cause serious illness and death in birds and some mammals.
- Human infection is rare, but the risk is higher if you: **handle or are near infected animals, consume raw animal products, or come into contact with animal droppings, feathers, or environments.**
- Common symptoms in humans are **fever, cough, sore throat, body aches, and conjunctivitis (eye discharge, redness or irritation).**

## Animals at Risk for Getting Bird Flu

Bird flu can affect more animals than just birds if they have been exposed to the virus.



## Protect Yourself From Bird Flu



**Do not touch wildlife or unfamiliar animals.** Call your local animal control agency for rescue assistance.

Use the **Animal Control Agencies by ZIP Code** directory (or scan QR code) to find the agency in your area.



Do not eat/drink unpasteurized (raw) dairy products like raw milk or raw cheese.



Do not eat raw or undercooked meat or poultry.



Get the seasonal flu vaccine.



Monitor for flu-like symptoms for at least 10 days after your exposure. Report any symptoms AND exposure to your doctor.

### If you have a backyard flock:

- Contact your vet and the **California Department of Food and Agriculture (CDFA) Sick Bird Hotline: 1-866-922-BIRD (2473)** if you have an unusual number of sick or suddenly deceased birds in your flock.
- Do not touch sick or dead birds without gloves and an **N95 or KN95 respirator**.
- Wash hands before and after contact.
- Keep the flock separate from wild birds and other animals.

### If you have pets:

- Have your pet avoid contact with wild birds, poultry, cattle, and other wild animals.
- Prevent contact with or eating dead birds or animals.
- Do not feed raw meat, poultry, or unpasteurized (raw) dairy products. Consult your vet for appropriate food choices.
- Talk to your vet if your pet is sick or potentially exposed to any of the above.



For more information, visit **www.sdepi.org**, or call the County of San Diego's Epidemiology Unit at **(619) 692-8499**.

