



## Health Information for People in Contact with Avian Influenza (Bird Flu) H5N2 Infected Flocks

**The risk of getting sick if you have cared for infected birds is very low.**

- This strain of bird flu has not been known to cause disease in humans.
- However, flu viruses can change over time, and it is possible that this virus may develop the ability to infect humans in the future.
- To be extra cautious, we are providing you with the following recommendations for persons who had direct contact with birds which were infected with bird flu.

**Though the risk of becoming sick is very low, there are some things you can do to stay healthy.**

- Avoid or limit contact with sick and dead birds.
- If it is necessary to have contact with a flock that has tested positive for bird flu (for example, if the flock needs to be fed and watered until agriculture officials can destroy the flock) use personal protective equipment (PPE). PPE should include:
  - Washable or disposable long sleeved coveralls or Tyvek suit;
  - Rubber boots that can be disinfected or disposable plastic boots (replace if torn);
  - Washable or disposable hat or Tyvek suit hood;
  - Latex or nitrile gloves (replace if torn), (you may use cotton gloves underneath);
  - Goggles or safety glasses;
  - A mask, ideally an N95 Respirator that has been tested to make sure it fits you properly and that your doctor says is safe for you to wear.
- Avoid touching your eyes, nose or mouth while working.
- When your work is complete, remove your PPE, and wash hands well with soap and water. If you don't have soap and water nearby, use alcohol-based hand gel until you can wash your hands.

**If you had contact with sick birds without protective equipment, you may be advised to take an antiviral medication called Tamiflu twice a day for 10 days to prevent becoming sick.**

Contact with sick or dead birds includes: handling sick birds, picking up dead birds, helping with the examination of dead birds (necropsy), handling eggs, checking feeders and waterers in barns with sick birds, and other close contact with sick birds. Your health department can assist you in obtaining this medication.

**As a precaution**, please monitor your health until 10 days after your last contact with sick or dead birds. Check and record your temperature and symptoms every day on the attached form.

Please monitor yourself for the following symptoms:

- Fever over 100°F
- Sore throat
- Runny nose
- Eye infection (pink eye)
- Cough
- Shortness of breath
- Body aches

Having these symptoms does not necessarily mean that you are sick with bird flu H5N2, but the Menasha Health Department will help you get testing and medical care if needed.

**If you get sick during your monitoring period:**

- Call the Menasha Health Department at 920-967-3520.
- Your health department will arrange to have you seen by your doctor as soon as possible. Your doctor's office needs to be aware of your contact with bird flu before you are seen at the clinic.

Someone from the Menasha Health Department will be calling you to do a short interview about your contact with sick birds and to ask if you are having any symptoms.

If you have any questions, please contact the Menasha Health Department at 920-967-3520.