



FORTBEND
HEALTH & HUMAN SERVICES
Prevent. Promote. Protect.

AVIAN INFLUENZA A (BIRD FLU)

Influenza A viruses of various subtypes have a large reservoir in wild waterfowl, and are also known to infect and transmit among humans and other species. The Influenza A virus subtypes among people are A(H3N2) and A(H1N1) viruses.

How does it spread?

Avian influenza A (bird flu) viruses may be transmitted from infected birds to other animals, and potentially to humans, in two main ways:

- Directly from infected birds or from avian influenza A virus-contaminated environment
- Through an intermediate host, such as another animal

Direct infection of wild birds, poultry, and mammals can occur from **exposure to saliva, mucous, or feces from infected birds**. Avian influenza A virus infections among people are **RARE** because current avian influenza A viruses do not easily bind to receptors in the human upper respiratory tract.

Prevention

The best way to prevent bird flu is to avoid sources of exposure whenever possible.

- **DO NOT** touch surfaces that may be contaminated with
 - saliva
 - raw milk
 - mucous
 - animal litter
 - animal feces
 - other animal materials
- Cook poultry and eggs to an internal temperature of 165°F
- Cook beef to the appropriate internal temperature. Visit www.cdc.gov/food-safety/prevention for a list of safe minimum internal temperatures.

Symptoms

The reported signs and symptoms of bird flu virus infections in humans have ranged from no symptoms, mild illness, or severe illness. Symptoms include:

- Fever
- Cough
- Sore throat
- Body aches
- Fatigue
- Pink eye (conjunctivitis)
- Shortness of breath
- Runny or stuffy nose

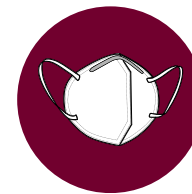
Bird flu virus infection in people cannot be diagnosed by clinical signs and symptoms alone; laboratory testing is needed. Testing is more accurate when the swab is collected during the first few days of illness.

Information for Hunters

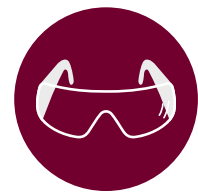
Hunters who handle wild birds should dress game birds in the field when possible and practice good hygiene to prevent any potential disease spread. If possible, wear:



Gloves



Facemask



Eye protection

Afterwards, throw away the gloves and facemask and then wash your hands with soap and water.



For more information on general safety guidelines for hunters handling wildlife and their tissues visit www.fws.gov/avian-influenza

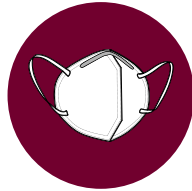


PROTECT YOURSELF FROM BIRD FLU WHEN WORKING WITH FARM ANIMALS

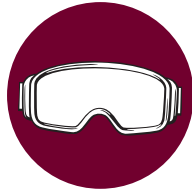
Wear recommended personal protective equipment (PPE) when working directly or closely with sick or dead animals, animal feces, litter, raw milk, and other materials that might have the virus.



Gloves



N95 respirator



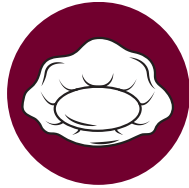
Properly fitted unvented goggles



Fluid-resistant coveralls



Waterproof apron



Head/hair cover



boots

While wearing PPE

- Use separate designated clean areas, one for putting on PPE and one for taking off PPE.
- Avoid touching your eyes, mouth, and nose.
- Do not eat, drink, smoke, vape, chew gum, dip tobacco, or use the bathroom.

How to safely remove PPE

1. Remove the apron, if worn
2. Clean and disinfect boots
3. Remove boots
4. Remove coveralls
5. Remove gloves
6. Wash hands with soap and water
7. Remove head cover or hair cover
8. Remove goggles
9. Remove respirator
10. Wash hands again with soap and water

After removing PPE

- Shower at the end of the work shift.
- Leave all contaminated clothing and equipment at work.
- Watch for symptoms of illness.
- Continue watching for symptoms for 10 days after finishing working. If you get sick, tell your supervisor and talk with a doctor.

Reusable and disposable PPE

- While removing PPE, dispose of all disposable PPE appropriately and set aside reusable PPE
- Clean and disinfect reusable PPE after every use

Sources:

- (1) <https://www.cdc.gov/flu/avianflu/avian-in-humans.htm>
- (2) <https://www.cdc.gov/flu/pdf/avianflu/protect-yourself-h5n1.pdf>

