

# Highly Pathogenic Avian Influenza (HPAI) Information Sheet

Nebraska DHHS Phone Number: 402-471-2937

## What to Know About Bird Flu

### About bird flu:

Bird flu is a disease caused by certain flu viruses that usually spreads between birds, not people. Infected birds can spread the virus through their mucous, saliva or feces. People rarely get bird flu, but when they do, it is most often through direct unprotected contact (no gloves, protective wear, protective face covering, or eye protection) with infected birds. People can become infected by breathing virus in droplets in the air or possibly dust, or by touching surfaces contaminated with infected bird mucous, saliva, or feces and then touching their eyes, mouth, or nose. Human illness from bird flu has ranged from no symptoms at all to severe illness, resulting in death.

### If you had close contact with sick or dying poultry:

Poultry are likely to appear sick when they are infected with bird flu. If you had close contact with obviously sick or dead poultry, or surfaces contaminated by them, contact your state or local health department. In the meantime, watch for the symptoms listed below. USDA also has information available on preventive actions for bird owners (see QR code to the right).



### Your local health department will contact you for symptom monitoring.

This monitoring could include contacting you daily by phone, email or text to ask about how you feel for 10 days after you were last exposed. They may also ask that you get tested for bird flu if you have symptoms. During the 10 days after your last exposure, you should watch for the symptoms listed below. Should you develop any of these symptoms, please notify your local health department (QR code below) immediately so they may assist you in providing testing and treatment recommendations. If you are unable to reach someone at your local health department please call Nebraska DHHS (phone number above).

- Fever (Temperature of 100°F [37.8°C] or greater)
- Feeling feverish/chills
- Cough
- Sore Throat
- Eye tearing, redness, or irritation
- Runny or stuffy nose
- Difficulty breathing/shortness of breath
- Headaches, muscle aches, or body aches
- Diarrhea

Find your local health department:



### You may be prescribed flu antiviral drugs.

If you get sick after being exposed to sick or potentially infected birds, a healthcare provider may write you a prescription for an antiviral drug to treat your illness. It is important to take the medication as directed as soon as possible. If you are not sick but were exposed to sick or potentially infected birds, your local health department or a healthcare provider may offer the same antiviral drug to reduce your risk of becoming sick.