



AVIAN INFLUENZA/BIRD FLU: Backyard Flocks



Avian Influenza, also known as Bird Flu, is a sickness caused by viruses that spread easily among infected animals. It can spread through feces, saliva, and nasal discharge. Bird Flu spreads quickly between birds, and can also make other animals like goats, cows, and cats sick. Humans can be infected too. Preventing the spread of the virus is key to maintaining healthy birds, egg production, and your health and safety.

YOU CAN PROTECT YOURSELF FROM BIRD FLU.



Wash hands before and after handling animals. Soap and water not available? Remove feathers, dirt, and waste and then use hand sanitizer.



Wear disposable gloves when cleaning bird feeders, coops, and barns. Wash hands well with soap and water after removing gloves.



Protect your lungs. Dust in chicken coops contains virus, bacteria, mold, and minerals. Protect your lungs by wearing a NIOSH approved N95 respirator.




Wear separate shoes or boots that are just for the coop or barn. Put them on as you enter the coop and removed as you leave. Muck boots can be cleaned easily.



Try not to eat, drink, or touch your face. Keep germs away from your face when you are with animals or near where they live.



Safely dispose of dead birds. Do not pick up without gloves and a mask. Put it in a bag and dispose of the birds where no animals or humans can come into contact with it.

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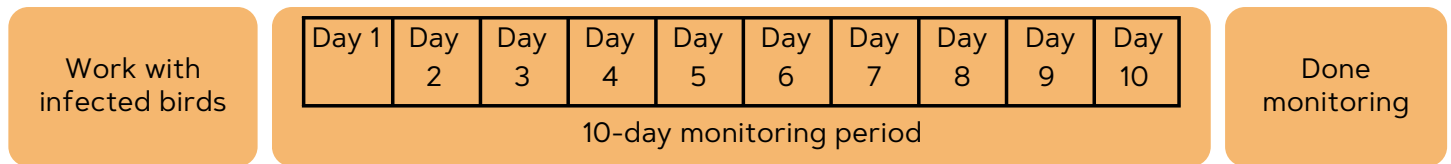
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GET YOUR ANNUAL FLU SHOT

Everyone 6 months and older is recommended to get a seasonal flu vaccine every year. Those who may have exposure to sick animals should especially get a seasonal flu vaccine. By controlling the regular flu, we can lower the chances of people getting both the regular flu and bird flu at the same time.

KNOW WHAT TO DO IF YOU ARE EXPOSED TO A SICK ANIMAL

Monitor for illness for 10 days after your last possible exposure to infected animals or potentially contaminated environments.



Call your health care provider if you develop any of the following symptoms:

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

REQUEST PERSONAL PROTECTIVE EQUIPMENT

Do you need gloves and respiratory protection to keep yourself safe and healthy? We can get it to you! Visit go.unmc.edu/backyard-flocks to make a request.



OTHER RESOURCES TO KEEP YOUR FLOCK SAFE



USDA:
Defend
the Flock



CDC:
Backyard
Flock Owners



CS-CASH:
Bird Flu
Resources

ABOUT US

Our mission is to help farmers and their communities in the Central States and beyond. We do research, teach, and share information to find out how injuries and illnesses happen. We also create and test ways to prevent them. Our goal is to make sure everyone in the farming community stays healthy and safe.