

STAY SAFE FROM AVIAN FLU



What is Avian Flu?

Avian flu is a sickness that mostly affects birds, but sometimes people can get it too. It's caused by a type of germ called a virus.

How Does It Spread?

You can get it by touching sick birds, their droppings, or things they've touched. It doesn't spread easily from person to person.

What Are the Symptoms?

- Fever
- Cough
- Sore throat
- Muscle aches

How Can You Stay Safe?

1. **Avoid Touching Birds** – Don't touch wild birds or sick animals.
2. **Wash Your Hands** – Use soap and water often, especially after being outside.
3. **Cook Food Well** – Make sure eggs and chicken are fully cooked before eating.

What Should You Do If You Feel Sick?

Tell an adult if you feel sick after being near birds. Go to the doctor right away.

Learn More!

Visit your local health department's website for more tips on staying healthy!

Stay safe and protect yourself from avian flu!



Tara H. Jackson
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