
AVIAN INFLUENZA
PUBLIC INFORMATION
UPDATE

REFERENCES

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<http://www.cdc.gov/>

[http://mass.gov/dph/cdc/epii/flu/flu1
.htm](http://mass.gov/dph/cdc/epii/flu/flu1.htm)

[http://www.town.dennis.ma.us/dept/B
OH/boh.htm](http://www.town.dennis.ma.us/dept/BOH/boh.htm)

Town of Health Department



Dennis Health Department

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AVIAN INFLUENZA FACTS

The Avian Flu Subtype H5N1 is an animal disease that can be transmitted to humans

It can affect both wild bird and domestic bird populations

Wild birds may be unable to fly, unable to stand up, stumble or fly in erratic patterns

Wild birds worldwide carry the viruses in their intestines, but usually do not get sick from them

Domesticated birds may become infected with avian influenza virus through direct contact with infected waterfowl or other infected poultry, or through contact with surfaces (such as dirt or cages) or materials (such as water or feed) that have been contaminated with the virus

Domestic birds may be seen sneezing, have nasal secretions or have gastrointestinal symptoms

People who come into contact with body fluids of infected birds can then become infected with the H5N1 virus

HUMAN INFECTION WITH AVIAN INFLUENZA VIRUSES

The risk from avian influenza is generally low to most people, because the viruses do

not usually infect humans. However, confirmed cases of human infection from several subtypes of avian influenza infection have been reported since 1997

Most cases of avian influenza infection in humans have resulted from contact with infected poultry (e.g., domesticated chicken, ducks, and turkeys) or surfaces contaminated with secretion/excretions from infected birds. The spread of avian influenza viruses from one ill person to another has been reported very rarely

During an outbreak of avian influenza among poultry, there is a possible risk to people who have contact with infected birds or surfaces that have been contaminated with secretions or excretions from infected birds.

Symptoms of avian influenza in humans have ranged from typical human influenza-like symptoms (e.g., fever, cough, sore throat, and muscle aches) to eye infections, pneumonia, severe respiratory diseases (such as acute respiratory distress), and other severe and life-threatening complications. The symptoms of avian influenza may depend on which virus caused the infection.

PROTECT YOURSELF

CDC Recommendations

Travelers should avoid all contact with poultry or any wild birds, and avoid settings where H5N1-infected poultry may

be present, such as commercial or backyard poultry farms and live poultry markets. Do not eat uncooked or undercooked poultry or poultry products, including dishes made with uncooked poultry blood

Clean your hands often, using either soap and water (or waterless, alcohol-based hand gels when soap is not available

If you believe you might have been exposed to avian influenza

Monitor your health for 10 days

If you develop a cough, sore throat, with a fever or difficulty breathing or if you develop any illness with fever during this 10-day period, consult a health-care provider

Tell the provider the following: 1) your symptoms, 2) where you traveled, and 3) if you have had direct contact with poultry

Do not travel while ill, unless traveling locally for medical care. Limit contact with others