



# DISEASE PREVENTION

## Avian Influenza (H5N1)

### What is Avian Influenza?



Highly Pathogenic Avian Influenza (HPAI) is caused by the virus H5N1. It is known to most as avian influenza or “bird flu.” Although it is rare, people can still get sick with avian influenza when they come into contact with infected birds or animals, their body fluids, feces, or their environments.

### Who can get Avian Influenza?



Birds and other animals infected with avian influenza shed the virus in their saliva, mucous and feces. Infected dairy cattle also shed the virus in milk.

People can become infected if the virus gets into a person’s eyes, nose or mouth or if it is breathed in. Generally, exposure occurs while handling sick or dead poultry. Additionally, being in areas like live bird markets, farms, or slaughter areas.

### What are the symptoms in humans?



When they do occur in humans, symptoms can range from mild to severe and may progress rapidly. Symptoms usually appear 2 to 8 days after exposure.

Common Symptoms in Human:

- Headaches
- Fatigue
- Fever (often > 100.4 F)
- Cough
- Trouble breathing
- Sore throat
- Muscle aches
- Conjunctivitis (eye redness, pain, or discharge)

Additional or Severe Symptoms in Humans

- Multi-organ failure
- Chest pain
- Diarrhea, abdominal pain, or vomiting
- Seizures
- Respiratory failure
- Pneumonia
- Multi-organ failure



## What to do if you are exposed, then feel sick?



If you were in contact with birds or animals infected with H5N1 virus or their environments, you should monitor yourself for symptoms for 10 days after your last contact.

If you start to feel sick and have symptoms of avian influenza, you should isolate away from others and immediately contact a medical provider. Additionally, report the incident to Whitman County Public Health at (509) 397-6280.

## How can I avoid getting HPAI?



### Wear Personal Protective Equipment |

Wear protective clothing when working with sick or dead animals, feces, or milk. Wear all of the following:



Hat



Coveralls



Protective Eyewear



Rubber boots or  
boot covers



N95 or Dust Mask



Gloves

### Wash Your Hands |

Wash your hands after handling animals or cleaning up after them, and before eating, drinking, or smoking.

### Avoid Raw Milk |

Raw milk and raw milk products may contain harmful bacteria or viruses, including H5N1 virus. Consuming raw milk is a risk for infection. Pasteurization (heat treatment) removes these germs.



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