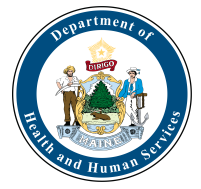
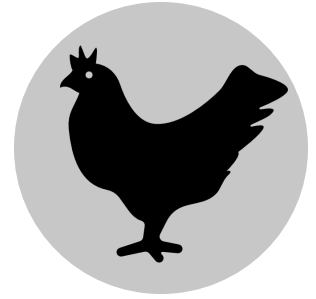


# Avian Flu: what to do after exposure to avian influenza



## What is avian influenza?

- Avian influenza is a disease that affects domestic poultry and wild birds but can also make humans sick in some cases.



## Symptoms can be mild to severe and include:

- Fever
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Sneezing
- Shortness of breath
- Eye irritation
- Diarrhea
- Nausea or vomiting
- Fatigue
- Muscle or body aches
- Rash
- Headaches



## Monitor for symptoms daily:

- Monitor yourself daily for symptoms of avian influenza for **10 days** after your last exposure to infected birds.
- Monitor your health even if you followed all personal protective equipment (PPE) and biosecurity guidelines.
- Restart your 10-day monitoring period from Day 1 if you are around infected birds again.



## If you develop symptoms:

- If you develop any of the symptoms above, call your healthcare provider **AND** Maine CDC at 1-800-821-5821.
- Make sure to mention your recent exposure to poultry.
- If you get a flu test, call Maine CDC to let them know.



For more information, visit [www.cdc.gov/flu/avianflu/h5n1-virus.htm](http://www.cdc.gov/flu/avianflu/h5n1-virus.htm) or call Maine CDC's 24-hour consultation line at 1-800-821-5821.