



AVIAN FLU



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Avian influenza (or bird flu) is a disease caused by viruses that occur naturally among wild birds. The viruses usually do not make wild birds sick. But they can spread to domestic birds (like chickens) and make them very sick or kill them. Humans can also become ill from bird flu viruses. This does not happen often; humans usually get sick from human viruses, not bird viruses. Most people who have become infected with bird flu have had close contact with infected birds. Bird flu can make humans mildly or severely ill or kill them. There is not yet a vaccine to protect people from the viruses. But you can take steps to stay healthy during a flu outbreak among birds. Avoid close contact with infected or possibly infected birds. Carefully wash your hands with soap and water after contact with animals. Cook chicken and other poultry to 165°F before eating. Wash hands and any work surfaces or utensils thoroughly with soap and water after contact with raw or undercooked poultry or eggs. For more information about bird flu, visit www.cdc.gov/flu/avian.