

PROTECT YOURSELF AND OTHERS FROM BIRD FLU

Risk to People's Health is Currently LOW

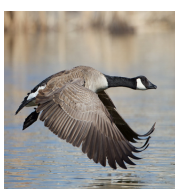
People rarely get bird flu. It's a virus that usually spreads between birds or other animals like dairy cows.

When people do get sick, it's most often through direct contact with infected flocks of birds or with farm animals.¹

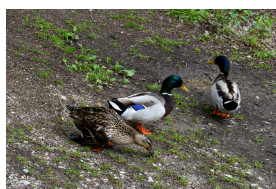
Birds that can get sick with bird flu



Chickens



Geese



Ducks



Turkeys

How to protect yourself from bird flu



Avoid injured, sick, and dead birds and surfaces where they have been.



If you have to touch a sick or dead bird, **wear a mask and gloves.**



Wash your hands for at least 20 seconds with soap and water if you have touched a bird or surfaces and materials where birds have been. Avoid touching your mouth, nose or eyes if you have touched these surfaces



Cook chicken, eggs and beef all the way before eating.



Drink pasteurized milk that has been heated to kill harmful bacteria. Do not drink raw or unpasteurized milk.



Get your flu shot. This reduces your risk of getting human and bird flu at the same time.

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¹www.cdc.gov/bird-flu/about/index.html
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