[Agency letterhead]

**Health Information for People in Contact with Avian Influenza**

This information is being provided because you may have been in contact with birds, poultry, cattle, or other animals infected with avian influenza.

Avian influenza is a viral disease that affects all species of birds and some animals. People can come in contact with avian influenza through direct contact with an infected bird or animal or by contact with objects or environments such as feces, litter or unpasteurized milk that have been contaminated.

**Avian influenza: Risk to people**

Your risk of getting sick from avian influenza is low. Avian influenza viruses rarely infect people; however, similar avian influenza viruses have made people sick in the U.S. and other parts of the world.

**Monitoring for signs and symptoms**

Even though your risk of getting sick from avian influenza is low, it is important that you monitor yourself for any signs and symptoms that could be concerning for infection with avian influenza. These could include any of the following:

* Eye redness or inflammation (conjunctivitis)
* Fever
* Cough
* Sore throat
* Runny nose
* Sneezing
* Shortness of breath
* Fatigue
* Muscle aches
* Headaches
* Nausea
* Vomiting
* Diarrhea
* Seizures
* Rash

Having these signs or symptoms does NOT necessarily mean you are infected with avian influenza. However, it’s important to notify us (see below) right away so we can help you get testing and treatment.

**If you get sick**

If you get sick within ten (10) days after your last possible exposure to avian influenza, please do the following:

1. **If you are having a medical emergency, please call 911**
2. **Call the number listed below to arrange for possible medical evaluation, testing and treatment.** Unless you are having a medical emergency, please call this number *before* going to the doctor so appropriate precautions can be taken.
3. **Take steps to prevent the spread of germs to others.** This means staying home from work or school and avoiding close contact such as kissing or sharing toothbrushes or drinks. This also means washing your hands often and covering your coughs and sneezes.
4. **If you are experiencing emotional distress, please call the U.S Department of Health & Human Services Disaster Distress Helpline 24/7, 365-day-a-year support services at 1-800-985-5990.**

**WHO DO I CALL?**

1st Choice: Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2nd Choice: Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_