

# Attention 4-H Families

Protect yourself and your animals from bird flu



**What is it?** Bird flu is a virus that usually affects wild and domestic birds. Recently, it was found in dairy cows and pigs. People can also become infected after interacting with animals who have the virus.

The risk to the public from bird flu is considered low, but the risk might be higher for people who handle:



Pigs, including:

- Manure
- Bodily Fluids



Dairy Cows, including:

- Raw milk
- Bodily fluids
- Manure



Poultry/Wild Birds, including:

- Manure
- Bodily Fluids

Always take protective measures while working with animals to protect yourself and animals from diseases:

## Steps to help avoid the spread of germs:

- Wash your hands before and after touching animals
- Avoid eating and drinking in animal areas
- Isolate animals when they are sick
- Clean stalls/replace shavings often
- Remove dirty boots or clothing before entering the house



If you or your animal get sick, call your local vet and/or your doctor

## Common Symptoms in Animals and Humans

**Animals:** Runny nose, loss of appetite, tiredness, red eyes, reduced egg/milk production

**Humans:** Flu/COVID-like symptoms, red/itchy eyes, digestive issues

Scan the QR code to visit our One Health Website for more information



NEVADA DIVISION of PUBLIC and BEHAVIORAL HEALTH



THE OFFICE OF STATE Epidemiology

