

# Bird flu

Birds may be infected with bird flu “H5N1”. Most people who have had bird flu had direct contact with infected birds.

There is a **new bird** flu called “**H7N9**” – there’s a lot we don’t know about it yet, but people might be getting sick from birds OR from some other animal.

## The risk appears low, but to be safer **DON’T:**

- Go to live animal markets.
- Handle birds.
- Touch things that may be contaminated by bird droppings.
- Swim in any body of water that is used by birds.
- Have unnecessary contact with other animals.
- Eat raw or undercooked meats or poultry products.
- Touch your face (except with clean hands).

## Pay attention to hygiene. **DO:**

- Wash your hands often, especially before touching your face and eating.
- Make sure any poultry is thoroughly cooked before eating, including eggs.
- Consider having a seasonal flu vaccination – it won’t protect against bird flu but it reduces the risk of seasonal flu.

**If you develop flu symptoms (such as fever, chills, cough, difficulty breathing) seek medical attention. Call the clinic before you arrive, and advise them of any travel history and whether you have had any contact with birds, animals, or anyone who was sick.**

