



## Resources

**Harris County  
Public Health &  
Environmental  
Services**  
[www.hcphes.org](http://www.hcphes.org)

**Texas Department  
Of State  
Health Services**  
[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

**Texas Animal Health  
Commission**  
[www.tahc.state.tx.us](http://www.tahc.state.tx.us)

**Texas Parks And  
Wildlife**  
[www.tpwd.state.tx.us](http://www.tpwd.state.tx.us)

**National Avian  
Influenza Surveillance  
Information**  
[www.wildlifedisease.nbio.gov/ai](http://www.wildlifedisease.nbio.gov/ai)

**U.S Resources**  
[www.pandemicflu.gov](http://www.pandemicflu.gov)  
[www.cdc.gov](http://www.cdc.gov)  
[www.usda.gov](http://www.usda.gov)

# Bird Flu

## *What You Need To Know!*

### **No Bird Flu in the United States**

The H5N1 strain of bird flu has not been detected anywhere in the United States.

### **People and Pandemic Flu**

There is no pandemic flu anywhere in the world.

Bird flu is not the same as “pandemic flu.”

Pandemic flu (global outbreak of a serious type of flu) occurs after a flu virus changes. Because of the change, few people have immunity to the new virus.

Bird flu does not spread easily from person to person, but it could happen. If bird flu changes in a way that it does spread easily among people, it could start a pandemic.

### **Birds and Bird Flu**

Bird flu is hard for people to catch.

Bird flu occurs naturally in birds. H5N1 is a type of bird flu that is killing birds in other parts of the world and has rarely infected people.

Wild birds in other countries have spread the disease to chickens, ducks and turkeys. Rarely have other animals, such as cats, catch bird flu if they are in contact with infected birds.

### **Bird Flu Can Be Prevented**

Most of the people who have become sick with bird flu came in close or direct contact with diseased or infected birds.

Avoid sick or dead birds, bird blood or bird droppings.

Wear protective gloves when handling any wild bird, even if it does not appear sick.

Thoroughly wash your hands with soap and water or use a hand sanitizer.

If you notice an unusual die-off or large groups of dead domesticated birds (chickens, turkeys and ducks), contact Texas Animal Health Commission at 1-800-550-8242.

### **Cook Food Safely**

Poultry and poultry products are safe to eat if cooked properly.

Use your meat thermometer and cook chicken, turkey and duck to 165 degrees Fahrenheit.

Wash your hands and all food preparation tools thoroughly.

### **Prepare Your Family**

Be ready for an emergency. Prepare an emergency supply kit. The supply kit checklist can be found on the Disaster Preparedness link at [www.hcphes.org](http://www.hcphes.org).

Stay well. Wash your hands often and cover your coughs and sneezes. If you are sick, stay home to avoid infecting other people.

Harris County

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