



Bird Flu

What everyone should know



Colorado Department
of Public Health
and Environment

Colorado Resources

Colorado HELP

Health Hotline

www.cohelp.us
1-877-462-2911 (toll-free)
M-F 7 a.m. – 11 p.m.
S-S 9:30 a.m.–8 p.m.

READYColorado

www.readycolorado.com

Colorado Department of Agriculture

www.ag.state.co.us

Colorado Division of Wildlife

www.wildlife.state.co.us

U.S. Resources

www.pandemicflu.gov
www.cdc.gov
www.usda.gov

No Bird Flu in the U.S.

There is no H5N1 bird flu anywhere in the United States.

Birds and Bird Flu

- Bird flu is mainly a disease in birds.
- Bird flu is hard for people to catch.
- Wild birds in other countries have spread the disease to chickens and ducks.
- Sometimes other animals that are in contact with sick birds, such as cats, can catch bird flu.
- A wild bird could look normal and still be sick.



Humans and Pandemic Flu

- There is no pandemic flu anywhere in the world.
- Bird flu is not the same as “pandemic flu.”
- For a flu to be a pandemic, it would have to spread easily from one person to another. If the bird flu changes in a way that it does spread among people in many countries, there could be a pandemic.



Bird Flu Can Be Prevented

- The people in other countries who got bird flu were in close contact with sick chickens or ducks.
- Avoid sick or dead birds, birds' blood, bird droppings.
- Always wear gloves if you have to handle a wild bird. Wash your hands afterwards.
- Call the Colorado HELP Health Hotline if you find sick or dead birds.



Cook Food Safely

- Poultry is safe to eat if cooked properly.
- Cooking meat well kills the germs in the meat. Learn to use your meat thermometer.
- Cook chicken, turkey, and duck to 165 degrees.
- Wash hands and food preparation tools carefully.



Prepare Your Family

- Be ready for any emergency. Pack your emergency kit today.
- Get your kit checklist at www.readycolorado.com.
- Stay well. Wash your hands and cover your coughs and sneezes.

Colorado Department of Public Health and Environment

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303-692-2700 1-800-886-7689 www.cdphe.state.co.us/bt