

## Information for Persons Who Have Had Contact with HPAI Infected Birds

### **What is highly pathogenic avian influenza?**

Highly pathogenic avian influenza (HPAI) is an illness of birds that is carried primarily by shorebirds and waterfowl. HPAI causes significant illness and death in domestic and other wild birds. The Centers for Disease Control and Prevention (CDC) considers the risk of human infection from HPAI to be low, but similar viruses have caused human illness in other parts of the world. Disease transmission occurs through direct contact with infected birds or their droppings. To date there have been no domestically acquired avian influenza infections in Michigan or the U.S.

### **What is monitoring?**

Monitoring means checking in with anyone who has been exposed to infected birds in order to be sure that they stay healthy. If you have been identified as a person with exposure to infected birds, over the next 10 days, a representative from your local health department will be checking in with you to see if you develop any symptoms that may indicate infection with avian influenza. Having symptoms doesn't necessarily mean that a person has HPAI, but you may be referred for medical evaluation and testing if need be. If you develop symptoms, or are determined to be high risk, due to exposure type or health concerns, you may be started on chemoprophylaxis. This medication can help to prevent or lessen influenza-related illness.

### **Who gets monitored?**

Anyone who has had contact with sick or dead HPAI infected birds, or their droppings, will be monitored by the local health department for any symptoms of influenza-like illness.

### **How long will you be monitored and how often will you be contacted?**

You will be monitored for 10 days after the last known exposure. Your local health department will contact you on days 0, 5, and 10 after exposure and ask if you have had any symptoms of illness.

### **How will you be contacted?**

You will be asked whether you prefer to be contacted by text message, phone call, or email. A symptom log will be provided for you to record how you are feeling over the 10-day monitoring period.

### **What if you develop symptoms?**

- **Symptoms of human illness have included: fever, cough, sore throat, runny nose, congestion, shortness of breath, difficulty breathing, red or inflamed eyes, sneezing, fatigue, muscle aches, headaches, nausea, vomiting, diarrhea, seizures and rash.**
- If you develop any of these symptoms, please contact your local health department immediately. Arrangements may be made for you to see a healthcare provider. Until then, please self-isolate by remaining home and limiting your interactions with others, as a precaution reduce the transmission of any potential illness.
- Before you seek medical attention, first contact your healthcare provider by phone to describe your symptoms and exposure history. Your provider may advise you to wear a mask when you go to the provider office.

**Please contact your local health department with any questions or concerns.**

### **Local Health Department Contact Information:**

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Point of Contact

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Telephone Number

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Email Address

MDHHS - Division of Communicable Disease: 517-335-8165 (during office hours) or 517-335-9030 (after hours)