

## HPAI RESPONDER SYMPTOM LOG

DAY	DATE	TEMPERATURE	SIGNS & SYMPTOMS (WRITE "NONE" IF YOU ARE NOT EXPERIENCING ANY)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

### Remember:

- Most of the signs and symptoms of bird flu overlap with those of other respiratory illnesses (like seasonal flu or COVID-19). Fever may not always be present.
- If you develop any of the signs or symptoms listed on this fact sheet, immediately call the health department of the state you are in at the time. Your health department wants to hear from you, even if it turns out to be a 'false alarm'.
- Your health department may contact you by phone, email or text while you are observing your health.
- If you have symptoms, your health department may give you instructions and ask you to get tested for bird flu virus infection.
- If you have symptoms, stay home and limit contact with others as much as possible until the results of your test are known. Your health department may have additional instructions for you as well.
- To test for bird flu virus, a doctor or nurse will collect a sample from you by swabbing your nose and/or throat.
- If you become sick while you are observing your health, a doctor may prescribe an antiviral medication for you that is used for treatment of seasonal influenza. These drugs can also treat bird flu virus infection. It is important to start antiviral treatment as soon as possible and to follow the directions for taking all of the medication that is prescribed. (CDC recommends that clinicians prescribe antiviral medications for treatment of ill persons who had exposure to bird flu viruses and are suspected to be infected with bird flu viruses.)

### Health Department Contact Information:

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 Point of Contact

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 Telephone Number

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 Email Address