

Information for Persons Who Have Had Contact with Highly Pathogenic Avian Influenza (HPAI) Infected Birds

What is highly pathogenic avian influenza?

Highly pathogenic avian influenza or 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 consider the risk of human infection from HPAI to be low, but similar highly pathogenic H5 viruses have caused human illness in other parts of the world. Disease transmission occurs through direct contact with infected birds or their droppings. Symptoms of human illness have included fever, cough, sore throat, shortness of breath, difficulty breathing, and red or inflamed eyes. To date no one has become ill with this strain of avian influenza in Michigan or the United States.

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.

Who gets monitored?

Anyone who has had contact with HPAI infected birds, their droppings, or their eggs within 2 days of the first indication of illness in the birds, or within 2 days of the date that test-positive samples were taken, will be monitored by their local health department. This includes individuals who were wearing personal protective equipment.

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 (such as, fever, cough, sore throat, shortness of breath, difficulty breathing, and red or inflamed eyes).

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 is provided below for you to record how you are feeling over the 10-day monitoring period.

What if you develop symptoms?

- Contact your local health department to report onset of illness, symptoms, and to receive any further instructions.
- 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.
- Immediately following demobilization, monitor yourself daily for any of these signs and symptoms for 10 days:
 - Fever (Temperature of 100°F [37.8°C] or greater) or feeling feverish
 - Chills
 - Cough

- Sore throat
- Runny or stuffy nose
- Sneezing
- Shortness of breath
- Eye irritation
- Diarrhea
- Nausea or vomiting
- Fatigue
- Muscle or body aches
- Rash
- Headaches

Here's a symptom monitoring log you can keep as a reminder to check your health each day:

DAY	DATE	TEMPERATURE	SIGNS & SYMPTOMS (write "none" if you are not experiencing any)
0			-day of exposure-
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Note: Re-start your 10-day monitoring period from Day 0 if, while you are observing your health for signs and symptoms, you are around sick birds again.

Local Health Department Contact Information:

Point of Contact

Telephone Number

Email Address

Where to Find More Information:

Visit www.cdc.gov/flu/avianflu; Call 1-800-CDC-INFO (1-800-232-4636); TTY: 888-232-6348