

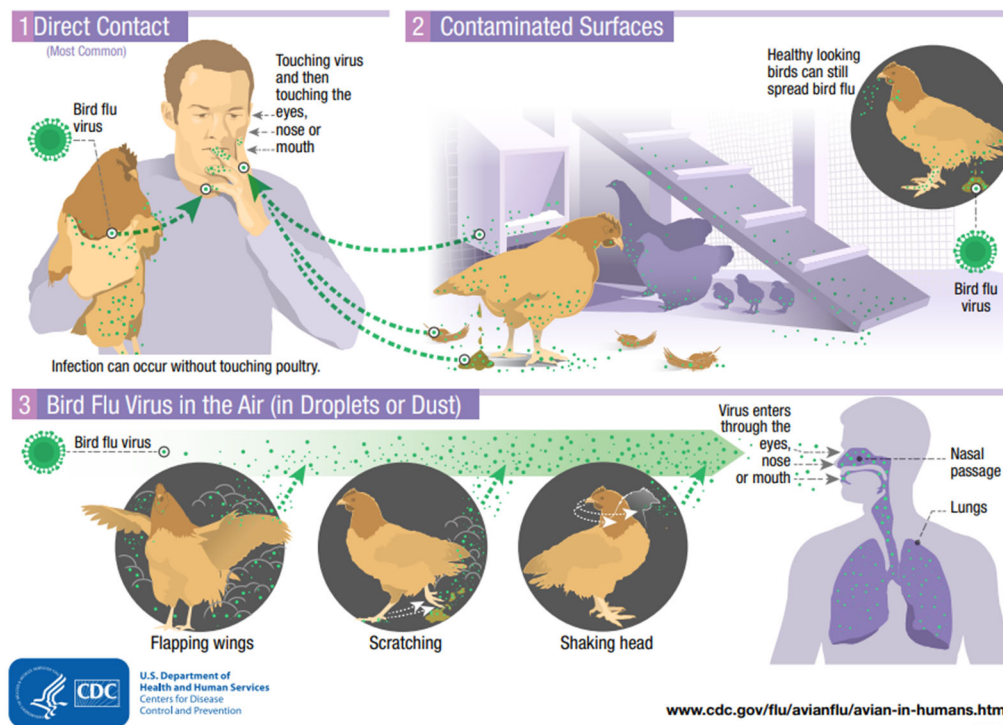
Avian Influenza (Avian Flu) Post-Exposure Information

February 2022

You are being given this information because you were recently around birds infected, or suspected to be infected, with avian influenza virus ("avian flu"). Some avian influenza viruses can cause illness in people ranging from mild to severe. While human illness due to avian flu is rare, we want you to be aware of the possibility and give you instructions on how to monitor your health.

How infected birds could spread avian flu to people

Infected birds shed avian flu virus in their saliva, mucus, and feces. Human infections can occur when a large amount of the virus is inhaled or gets into a person's eyes, nose or mouth. This can happen when virus is in the air (in droplets or dust) and a person breathes it in, or when a person touches something that has virus on it and then touches their mouth, eyes or nose.



What we are asking you to do

If you have had contact with birds potentially infected with avian flu virus or their living environments, then you should monitor yourself for illness for 10 days after your last exposure and check in daily with the state or local health department. These agencies will help ensure that you receive prompt medical evaluation, possible testing for avian flu, and appropriate treatment.

Monitor for symptoms for 10 days

Monitor yourself daily for the signs and symptoms of avian flu during your exposure period and for 10 days afterwards (see box at right).

You should observe your health daily even if you carefully followed all guidelines and instructions for properly putting on and taking off personal protective equipment (PPE) and maintaining biosecurity precautions.

Re-start your 10-day monitoring period from Day 1 if you are around potentially infected birds again.

Remember

- The state or local health department will contact you by phone, email or text every day during your monitoring period. We appreciate your cooperation with this process.
- If you develop any of the signs or symptoms above, immediately call the state or local health department. We want to hear from you, even if it turns out to be a 'false alarm.'
- If you don't have any of the symptoms above, then you can pursue your normal activities without any restrictions during your monitoring period.
- If you develop symptoms, the state or local health department may ask you to stay home and limit contact with others as much as possible until you can be tested for avian flu.
- To test for avian flu, a doctor or nurse will collect a sample from you by swabbing your nose and/or throat.
- If you develop symptoms, a doctor may prescribe you an antiviral medication that is used for treatment of flu. It is important to follow the directions for taking the medication.

Signs and Symptoms

- Fever ($\geq 100^{\circ}\text{F}$ [37.8°C])
- 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

If you become ill after poultry exposure

Call 317-233-1325

For additional information on avian flu:

<https://www.cdc.gov/flu/avianflu>



Avian Influenza (Avian Flu) Symptom Log Sheet



February 2022

Monitor yourself daily for the signs and symptoms of avian flu during your exposure and for 10 days afterwards. Symptoms could include fever ($\geq 100^{\circ}\text{F}$ [37.8°C]), chills, cough, sore throat, difficulty breathing, shortness of breath, eye irritation, or any other symptoms that are new for you. Record your findings in the log below. The state or local health department will contact you by phone, email or text for an update every day during your monitoring period. We appreciate your cooperation.

Last date of exposure:

+ 10 days =

← This is your last day of symptom monitoring

Day	Date	Temperature	Signs and Symptoms
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

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Avian Influenza (Avian Flu) Symptom Log Sheet



Day	Date	Temperature	Signs and Symptoms
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			

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Animal Health Emergency Mental Health Resources



February 2022

Animal health emergencies affecting food animal production operations can increase stress in farming communities. If you notice changes in your emotions, attitudes, or cognitive abilities, or if you notice that it has become more difficult for you to care for yourself, your family, or your animals, consider turning to a friend, clergy member, or medical provider immediately. **If the situation is potentially life-threatening, get immediate emergency assistance by dialing 9-1-1.**

If you are experiencing symptoms of depression, have suicidal thoughts, or simply need to talk to someone, please contact one of the following organizations:



Be Well Indiana is a free, confidential resource available 24/7 to anyone in the state of Indiana.

Feeling overwhelmed, stressed, anxious, or alone? Call this confidential service to get help.

**Dial 2-1-1 or
1-866-211-9966**

Concerned about someone you know?

- Actively listen.
- Show empathy.
- Be prepared for conflict.
- Recommend

The **National Suicide Prevention Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Dial 9-8-8 or
1-800-273-TALK (1-800-273-8255)**

[Online Lifeline Crisis Chat](#)



Farm Aid connects farmers with helpful services, resources and opportunities specific to their individual needs. You may contact Farm Aid's Farmer Services team by filling out the [Online Request for Assistance form](#).

You may also call the Farmer Hotline for immediate assistance. The hotline is answered Monday through Friday from 9 a.m. to 10 p.m. Eastern time.

1-800-FARM-AID (1-800-327-6243)