

Stay Healthy!

Keep yourself and your birds disease free

Psittacosis (parrot fever or ornithosis) is a bacterial infection caused by *Chlamydia psittaci* that some birds can spread to humans. The infection in birds is called **avian chlamydiosis**.



Many different types of birds can spread psittacosis, but it is most commonly identified in psittacine (parrot-type) birds, especially cockatiels and budgerigars (also called parakeets or budgies).

How to prevent psittacosis and avian chlamydiosis:

- Wash your hands before and after handling your birds. Nasal discharge and droppings of an infected bird can make you sick.
- Maintain clean bird cages and environments.
- Isolate newly acquired birds from other birds for 30 days, and monitor them for illness.
- Avoid over-crowding.
- Position your cages so food, feathers, and droppings cannot spread between them. Do not stack cages. Use solid-sided cages or barriers if the cages are next to each other.

Watch for these symptoms:

Birds:

- Nasal discharge
- Sneezing
- Coughing
- Ruffled feathers
- Lethargy
- Diarrhea

People:

- Chills
- Fever
- Headache
- Cough
- Muscle aches

Infected birds may appear healthy and show no symptoms, but they can still spread disease to people and other birds.

If you notice any of these symptoms, consult a veterinarian or health care provider.

