

# AVIAN INFLUENZA GUIDANCE FOR BACKYARD FLOCK OWNERS

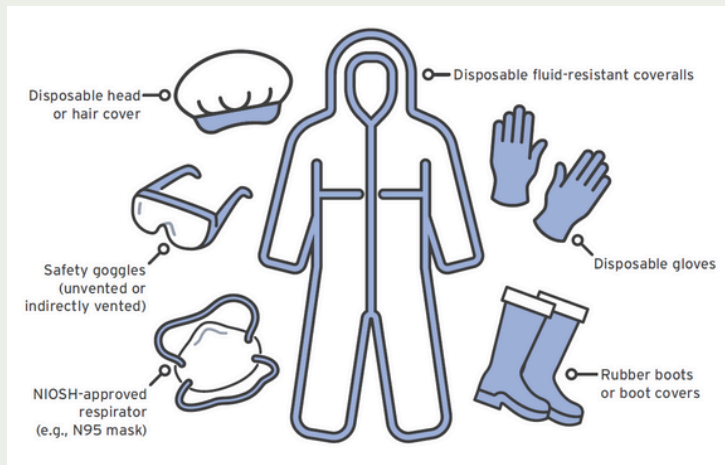


## What is Avian Influenza (H5N1)?

H5N1 is a virus that can cause a disease known as avian influenza or “bird flu.” Although it is rare, people can get sick with bird flu when they come into contact with infected birds or animals, their body fluids, feces, or their environments.

## How to Protect Yourself Around Sick or Dead Poultry

- 1 Wear protective clothing when working with sick or dead birds or their environments. You can buy these items online or at many retail, hardware, or feed stores.



- 2 Wash your hands throughout the day, after removing protective clothing, and before eating or drinking.



- 3 Keep a separate pair of shoes and other supplies you use when caring for birds outside your home. Remove contaminated clothing outside and shower after working with sick or dead birds or their environments.



## Symptoms of Avian Influenza in humans can include:

- Fever or chills
- Sore throat
- Difficulty breathing
- Eye tearing, redness, or irritation
- Headaches
- Muscle or body aches
- Diarrhea
- Cough
- Runny or stuffy nose
- Vomiting

## What to do if you are exposed or feel sick:

- If you were in contact with birds or animals infected with H5N1 virus or their environments, you should monitor yourself for symptoms during contact and for 10 days after you stopped contact.
- If you start to feel sick and have symptoms of bird flu, you should isolate away from other people and immediately contact your local health department. You can call 206-418-5500 to ask for the contact information for your local health department.

## More information:

For questions about bird flu or about how to get tested:

- Call the Washington State Department of Health at 1-800-525-0127 or visit [doh.wa.gov/avian-influenza](https://doh.wa.gov/avian-influenza)

For questions about sick or dead animals on the farm:

- Contact your farm veterinarian.



# ANIMAL HEALTH EMERGENCY MENTAL HEALTH RESOURCES

## Get Support

Animal health emergencies can cause stress. 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 help by dialing 9-1-1.**

If you are experiencing symptoms of depression, have suicidal thoughts, or simply need to talk to someone, please call, text or chat 988 to reach the 988 Suicide & Crisis Lifeline. The 988 Lifeline is confidential, free, and available 24/7/365.

## Other Resources

### Farm Aid

Farm Aid connects farmers with helpful services and resources. Fill out an Online Request for Assistance form (QR code). For assistance call the Farmer Hotline Monday-Friday 9 a.m. to 10 p.m. Eastern time: 1-800-FARM-AID (1-800-327-6243) or email [farmhelp@farmaid.org](mailto:farmhelp@farmaid.org).

### Western Regional Agricultural Stress Assistance Program (WRASAP):

WRASAP is a group of organizations and community members across the Western region who provide support, resources and funding opportunities to agricultural communities including farmers, ranchers, farmworkers, and their families. To connect to WRASAP services in your area, fill out a contact form (QR code).

## 988 Suicide & Crisis Lifeline Fast Facts



## Farm Aid Request for Assistance



## WRASAP Contact Form



DOH 420-672, April 2025. To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

