[Agency letterhead]

**Health Information for People in Contact with Avian Influenza**

This information is being provided because you may have been in contact with birds infected with avian influenza.

Avian influenza is a viral disease that affects all species of birds. People can come in contact with avian influenza through direct contact with an infected bird or by contact with objects or environments that have been contaminated by droppings or nasal discharge from an infected bird.

**Avian influenza: Risk to people**

Your risk of getting sick from avian influenza is very low. As of July, 2015, no one has gotten sick with the strain of avian influenza that is infecting birds in the U.S. this year. However, similar avian influenza viruses have made people sick in other parts of the world.

**Monitoring for signs and symptoms**

Even though your risk of getting sick from avian influenza is very low, it is important that you monitor yourself for any signs and symptoms that could be concerning for infection with avian influenza. These could include any of the following:

* Fever
* Sore throat
* Cough
* Runny nose
* Shortness of breath
* Eye inflammation/conjunctivitis
* Muscle aches

Having these signs or symptoms does NOT necessarily mean you are infected with avian influenza. However, it’s important to notify us (see below) right away so we can help you get testing and treatment. You will be given a log sheet to help you with monitoring.

**If you get sick**

If you get sick within ten (10) days after your last possible exposure to avian influenza, please do the following:

1. **Call the number listed below to arrange for possible medical evaluation, testing and treatment.** Unless you are having a medical emergency, please call this number *before* going to the doctor so appropriate precautions can be taken.
2. **Take steps to prevent the spread of germs to others.** This means staying home from work or school and avoiding close contact such as kissing or sharing toothbrushes or drinks. This also means washing your hands often and covering your coughs and sneezes.

**WHO DO I CALL?**

1st Choice: Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2nd Choice: Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3rd Choice: NC Division of Public Health (State Health Department) On-call Epidemiologist

Telephone: \_\_(919) 733-3419\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_