



Flu Season and Avian Influenza

Get your seasonal flu vaccine from your health care provider or local health department

A flu vaccine is the single best way to protect from seasonal influenza. It is recommended for everyone 6 months old and above to get vaccinated.

Stay Healthy during Flu Season

- Wash your hands often with soap and water
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces and objects
- Avoid close contact with sick people
- While sick, limit contact with others when possible
- Cover your nose and mouth when sneezing and coughing

Signs and symptoms to look for if you come in contact with a bird infected with Avian Influenza:

- Influenza-like symptoms; fever, cough, sore throat, muscle aches
- Respiratory illness; shortness of breath, difficulty breathing, pneumonia
- Nausea, abdominal pain, diarrhea, vomiting

Call your local health department if you show any of these signs or symptoms after coming in contact with an infected bird