



Stay Safe from Bird Flu: Information for Early Childhood Centers and Caregivers

Bird flu, also known as Avian flu, H5N1, or HPAI, is a viral infection that mainly affects birds but can spread to humans and other animals.



An outbreak of bird flu is killing wild birds, especially geese and ducks and poultry like chickens and turkeys. Bird flu is also spreading quickly in dairy cows and can affect other animals.

Bird flu spreads when:

- **Infected birds shed the virus in their saliva, mucus, and feces.**
- **When animals and humans come in contact with sick, dead, or injured birds and their fluids.**

H5N1 has been identified in raw milk and some raw pet foods.



Tell your healthcare provider if your child has symptoms and has been in contact with wild birds or other animals, or has consumed raw milk or raw cheese and has symptoms.

Stay Safe

Avoid visiting poultry farms, bird markets, or other places where live poultry are raised, kept, or sold, if possible. Also postpone visiting petting zoos.

Birds can carry H5N1 even if they do not look sick.

Stay Informed

This is an emerging outbreak. It is important to stay informed about the latest updates and changes.

To learn more, visit:
bit.ly/BirdFlu2025.

Symptoms of H5N1

- Conjunctivitis or red eyes
- Fever (over 98.6 °F)
- Cough
- Difficulty breathing
- Chest pain
- Muscle aches or fatigue
- Runny or stuffy nose
- Sore throat



How can early childhood centers and caregivers prevent the spread of H5N1?



- Instruct children not to touch wild birds, chickens, or other animals especially at places like petting zoos, farms, fairs, or school events. **Wild birds can carry the H5N1 virus even if they do not look sick.**



- Remind children and caregivers to avoid eating and drinking, feeding children, biting their nails, or touching their face in areas where animals are located.



- Make sure anyone who touches animals washes their hands with soap and water immediately.



- Do **NOT** drink unpasteurized or raw milk, eat raw cheese, or eat products made with raw milk.
 - Cook poultry, eggs, and beef thoroughly.

Report sick or dead birds or animals to the Pennsylvania Game Commission (833-PGC-Hunt), PA Bureau of Animal Health and Diagnostic Services (717-772-2852)

Seek medical attention if your child has flu-like symptoms with pink eye and has been in contact with animals.