

What you need to know if you are being tested for **bird flu**



What is bird flu?

Avian influenza, or “bird flu,” is a disease caused by certain flu viruses that usually spread between birds. Infected animals can spread the virus through their mucous, saliva, or feces. People rarely get bird flu, but when they do, it’s most often after they have direct contact with infected animals without protection (no gloves, protective wear, face masks, respirators or eye protection). Most people who have become infected with bird flu so far have only had mild respiratory symptoms or “pink eye,” but severe illness is possible. Talk with your healthcare provider about your symptoms and possible treatment options.

What should I do while I wait for test results?

We recommend you stay home until your symptoms go away to avoid spreading disease, regardless of test results. If you can’t stay home, we recommend you wear a mask when you are around other people. Frequently disinfect commonly touched surfaces in your home, wash your hands regularly, and cough/sneeze into your elbow or sleeve. Talk with your healthcare provider about any additional guidance they may have while you wait for your test results.

What should I do if I test positive for bird flu?

Your healthcare provider or someone from your local health department will contact you to discuss your test results with you. They can offer specific guidance on what you should do if you have the bird flu, depending on your personal medical history and circumstances.



Scan the QR code to learn more about the bird flu in Utah