

PATIENT ALERT

Avian Influenza A(H5N1) Bird Flu Update

June 5, 2024 5:00 PM

Avian Influenza A (H5N1), also known as “bird flu,” is widespread in wild birds worldwide and has caused some outbreaks in poultry. There has been an ongoing multi-state outbreak in U.S. dairy cows in the past few months. Few cases of bird flu have been reported in U.S. dairy workers. **There have been no reports of bird flu in Arizona dairy farms, and this current outbreak is not considered a major public health threat at this time.**

- Symptoms of bird flu in people can range from no symptoms to flu-like symptoms.
- There have been no reports of person-to-person transmission of the bird flu virus, and commercial testing for bird flu is not available at this time.
- There are currently no vaccines to prevent bird flu.
- Antiviral medications can treat those with bird flu symptoms or unprotected exposure to an infected animal.

Precautions:

- Avoid contact with sick or dead animals, including wild birds, poultry, and domesticated animals (including cows).
- Avoid exposure to animal waste, bedding, raw milk, or materials contaminated by animals with suspected or confirmed bird flu.
- Do not drink raw milk; pasteurization kills the bird flu virus, pasteurized milk is safe.
- Properly cooked poultry, beef, and eggs are safe to eat.
- Those working with infected or potentially infected animals should take precautions and wear appropriate personal protective equipment.

This is a rapidly changing situation, and Gila River Health Care will provide timely updates.