



Guidance For Individuals Who Come In Contact With Sick Or Dead Birds Regularly

Recommendations For Personal Protective Equipment (PPE) For Those Who May Handle Birds Regularly: (Ex: Public Works, Animal Control, and Individuals with "Backyard Flocks")

- Properly fitted unvented or indirectly vented safety goggles
- Disposable gloves, boots, or boot covers
- Properly fitted NIOSH-approved respirator (N95) (*Fit testing required)
- Disposable fluid-resistant coveralls
- Disposable head cover or hair cover

***Fit Testing is a test protocol conducted to verify that a respirator is both comfortable and provides the wearer with the expected protection.**

If You Were Exposed To A Sick Or Dead Bird:

- Contact your local health department for further guidance
- Watch for symptoms such as but not limited to fever, sore throat, difficulty breathing, eye irritation, headaches, bodyaches, runny or stuffy nose, and diarrhea.
- There is no known vaccine for the prevention of the bird flu, but antiviral drugs have been shown to be effective towards the treatment of the bird flu.

For Your Consideration:

- If you have a “backyard flock” keep them away from wild waterfowl as much as possible

Help monitor wild bird populations in Connecticut by reporting sightings of dead wild birds to:

[DEEP - Public Dead Bird Reporting Form \(ct.gov\)](#)

For additional information please visit the CDC at:

<https://www.cdc.gov/flu/avianflu/avian-flu-summary.htm>

**If you have questions, please contact the North Central District Health Department at
860-745-0383**