



# Protect yourself from bird flu

Some wild birds carry bird flu. Bird flu mostly spreads among birds, but can infect people or pets.

## Take these steps to reduce your risk:

- ▶ Avoid sick or dead birds
- ▶ Keep pets away from sick or dead birds
- ▶ Avoid bird droppings
- ▶ Do not feed or touch birds
- ▶ Wash hands after the park
- ▶ Don't touch lake or pond water, feathers, or anything that has been in contact with bird droppings
- ▶ Don't touch your eyes, nose, or mouth

Report sick or dead birds at  
**1-800-WARNDEP**  
**(1-877-927-6337)**

Learn more about bird flu:  
[nj.gov/H5N1](http://nj.gov/H5N1)

