



### Information on H5N1 Bird Flu

H5N1 bird flu is currently widespread in wild birds worldwide and has caused **outbreaks in poultry and dairy cows in the U.S.** H5N1 bird flu is a type of influenza virus different from human seasonal influenza viruses. There have been **multiple human cases of bird flu** in individuals across the U.S., usually after close contact with infected dairy cattle or poultry.

While the risk to the general public is **low**, people who come into close contact with infected animals are at higher risk of exposures.



Learn more about  
H5N1 Bird Flu at  
[nj.gov/H5N1](https://nj.gov/H5N1)

## Additional Tips to Stay Healthy & Safe for Adults & Children

- ✓ If you've traveled internationally within the last five days, don't visit with livestock to prevent the spread of disease to NJ farm animals.
- ✓ Prevent kicks and bites:
  - Don't stand directly behind an animal and always approach with caution.
  - Don't put your fingers near an animal's mouth or grab their tails.
  - If bitten by an animal, wash the bite thoroughly and seek medical care.
- ✓ Don't eat or drink in areas where animals live or roam.
- ✓ Don't share your food with the animals.



Developed in collaboration with  
NJ Department of Agriculture



## Tips to Stay Healthy Around Animals

at Fairs and Animal Exhibitions

[nj.gov/health](https://nj.gov/health)

When you interact with animals at farms, petting zoos, agricultural fairs, and other exhibitions this summer or fall, remember that animals can carry germs that cause illness in people, even if they appear healthy. The New Jersey Departments of Health and Agriculture encourage you to stay safe around animals – for your health and theirs.

Anyone can get sick from germs that animals can carry, but certain people are more likely to get sick or have more severe illness and should take extra precautions at animal exhibits.

These include:

- children younger than 5 years old
- people with weakened immune systems
- pregnant individuals
- adults over 65



## Tips to Stay Healthy & Safe for Adults & Children

- ✓ **Wash your hands thoroughly** with soap and water\* immediately after:
  - Touching animals or anything in their living area
  - Handling animal food, supplies, bowls, or equipment
  - Leaving animal areas, even if you didn't touch the animals
  - Touching or removing clothes or shoes worn around animals

*\* If soap and running water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands as soon as you can.*

- ✓ **Avoid hand-to-mouth activities** (i.e., nail biting, eating, finger sucking)
- ✓ **If you're sick, stay home.** Avoid spreading illness to other people or animals.



- ✓ **Supervise children around animals**
  - Don't let children sit or play on the ground in animal areas
  - Don't bring items such as toys or pacifiers into animal areas
  - Children 5 years and younger should not have direct contact with reptiles, amphibians, or live poultry; these animals are more likely to make them sick.
  - Help children wash hands thoroughly after interacting with animals.
- ✓ **Don't consume raw (unpasteurized) milk or soft cheeses and products made from raw milk.** The sale of raw milk directly to consumers is illegal in NJ.

## Tick and Mosquito Bite Prevention

- ✓ **Use EPA-registered insect repellent.**
  - Follow product label instructions and reapply as directed.
  - Apply sunscreen first and repellent second.
- ✓ **Dress appropriately.** Wear light-colored, long sleeves and pants tucked into socks to prevent ticks from getting under clothes.
- ✓ **Shower after being outside** to wash off unattached ticks.
- ✓ **Check your and your child's body for ticks.** (Tips to safely remove ticks: [bit.ly/3F5uWN0](https://bit.ly/3F5uWN0))
- ✓ **Seek medical attention** if you develop a fever or rash within several days to weeks after removing a tick.