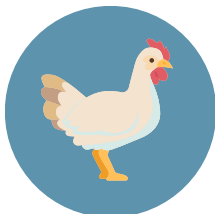


# H5N1 FACT SHEET

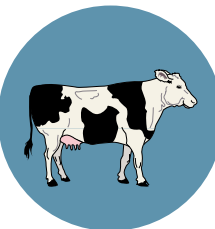
## FOR TRIBAL COMMUNITIES

Published October 2024



## What is H5N1 & who is at risk?

- H5N1, is a viral disease also referred to as highly pathogenic avian influenza (HPAI), avian flu, or bird flu.
- H5N1 infects chickens, turkeys, pheasants, **quail**, ducks, geese, and other wild birds.<sup>1</sup>
- More recently, H5N1 has been detected in dairy cows, other animals (e.g., **cats and skunks**), and dairy and poultry workers.
- The virus has not been observed to be deadly to cows like it is for birds. For humans, most cases in the US are mild.<sup>2</sup>
- There are varying and conflicting data about how long the virus can live on surfaces and how long infected animals are contagious for.
- H5N1 has shown species to species transmission and is at moderate risk to cause a pandemic. Prevention now is key.



**It is important to control H5N1 spread now to prevent virus mutation that can lead to more frequent and severe illness in the future.**

## Can we treat H5N1 infections?

There is no treatment for H5N1 in birds. Infected flocks need to be killed to prevent transmission to others. H5N1 infection in humans can be treated with a prescription antiviral medication called Tamiflu.<sup>3</sup> In dairy cows, supportive treatment is recommended.

**H5N1 information is changing as we learn more. For up-to-date information and case monitoring, scan this QR code or visit:**

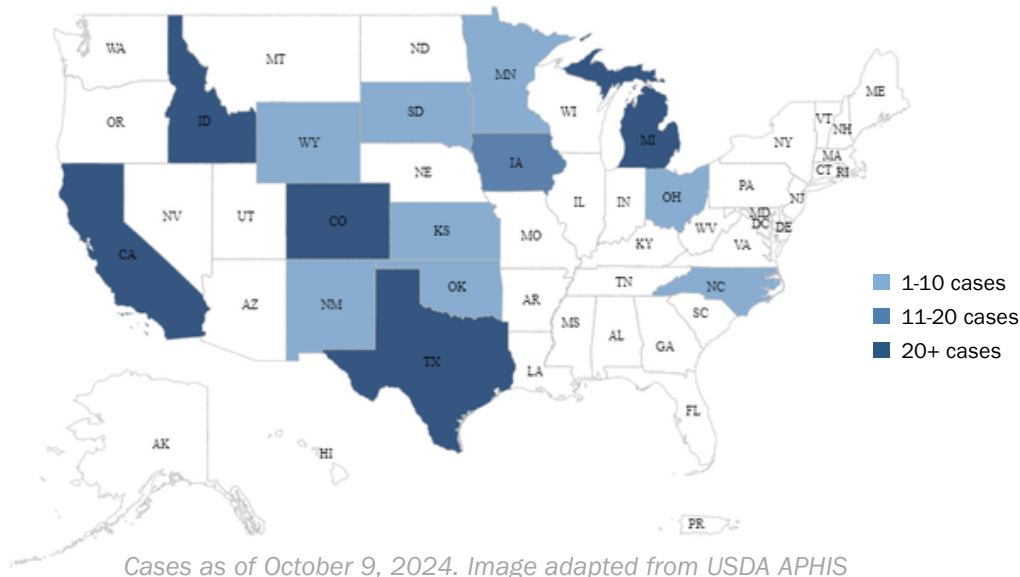
<https://www.aphis.usda.gov/livestock-poultry-disease/avian/avian-influenza/hpai-detections>



**PROTECT OUR ANIMALS, OUR COMMUNITIES, & YOURSELF**

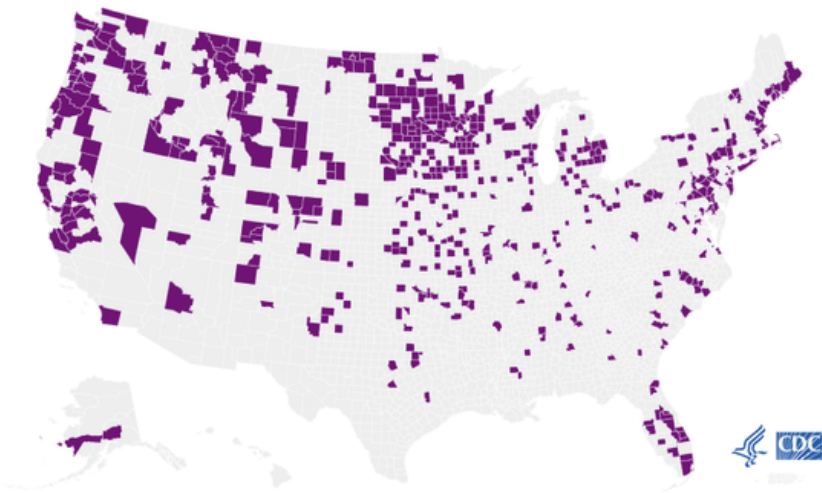


### Number of Confirmed H5N1 Cases in Livestock Herds by State



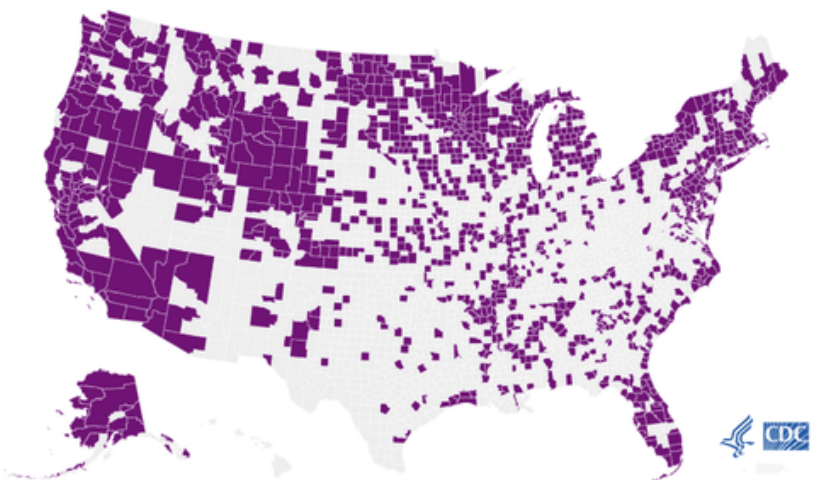
People who are in close contact with chickens, dairy cows, wild birds, and other infected mammals are at risk of spreading H5N1 to other animals or becoming infected themselves.<sup>4</sup>

### Confirmed H5N1 Cases by State & County for Poultry & Wild Birds



**48 States and 530 Counties are Affected by the H5N1 Influenza Outbreak in Poultry**

■ counties affected by H5N1 in poultry



**So far, 51 States or Territories and 1,179 Counties are Affected by the H5N1 Influenza Outbreak in Wild Birds**

■ counties affected by H5N1 in wild birds

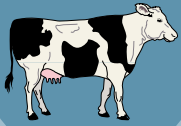
Cases as of October 9, 2024. Image & Data Source: CDC



## How do animals & humans get the virus?



H5N1 is most commonly passed from bird-to-bird through ingestion or direct contact with feces or respiratory secretions from infected birds.<sup>4</sup>



- Transmission from birds to dairy cows and humans is not well understood.
- However, the virus appears to be passed from dairy cows to humans through contaminated, unpasteurized milk and milking equipment.<sup>2</sup>
- Evidence also suggests that infected dairy cows can spread the virus to poultry through contaminated equipment.<sup>2</sup>
- The virus does not spread easily from person to person. Public health officials are monitoring this closely.<sup>3</sup>



### USING FEATHERS FROM INFECTED BIRDS FOR TRADITIONAL USE MAY POSE SOME RISK



- One study suggests that the virus can live on feathers for at least 15 days at room temperature (68 degrees F).<sup>5</sup>
- Cooler temperatures sustain the virus longer.
- Use protective equipment and let feathers sit in the sun/hot environment for at least 15 days to disinfect.

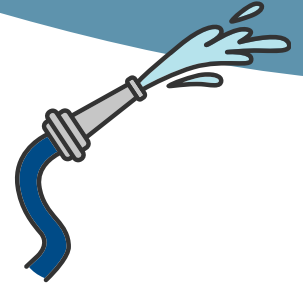
### PINON PICKING MAY POSE SOME RISK

- Change or disinfect shoes when going from one picking location to another.
- If you are concerned about contaminated pinon, wash thoroughly and roast them and/or let washed raw pinon sit in the sun for a minimum of 26 hours before consuming.



# How can we prevent H5N1?

**Avoid sharing farm equipment (hoses, feeders, rakes, etc.). When sharing is unavoidable, make sure to clean equipment well, sanitize, and let sit for 14 days. If equipment is needed sooner than 14 days, it can be left in the sun to sanitize faster.<sup>1</sup>**



**Decrease contact with wild birds and other domestic flocks or animals.<sup>4</sup>**



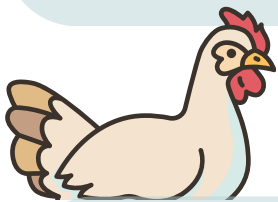
**Have a specific pair of shoes used for going into animal living areas and clean shoes after hiking or pinon picking in one area and moving to another.<sup>1,4</sup>**

**Avoid exposure to animal poop, bedding, or other materials that have been touched by or near animals with suspected or confirmed H5N1.<sup>6</sup>**

**Avoid contact with sick animals. If this is unavoidable, wear protective equipment (masks, face shields, goggles, coveralls, and gloves).<sup>3</sup>**



**Do not consume unpasteurized milk. Properly cooked poultry, eggs, and beef are safe to eat.<sup>1,7</sup>**



**Limit visitors to your flock area, particularly if they own chickens.**

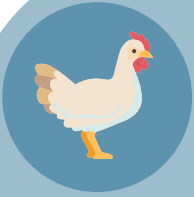
**Keep new birds not born on site away from your existing flock for at least 2 weeks (ideally 4 weeks).**

**Although the seasonal flu vaccine does not protect against bird flu, the CDC recommends that people working with animals get their seasonal flu vaccine to reduce the overall burden of influenza and risk of virus mutation.<sup>6</sup>**

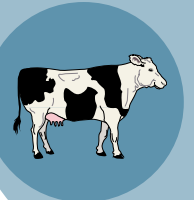




## What are H5N1 signs & symptoms?



- Birds commonly experience sneezing, coughing, nasal discharge, diarrhea, or poor appetite.<sup>1</sup>
- Other symptoms common in chickens include: quiet and depressed; ruffled feathers; respiratory signs (gasping); swelling around the head, neck, and eyes; purple discoloration of comb and legs; decreased egg production; change in egg color; or death.<sup>1</sup>
- Some poultry species may have nervous system symptoms such as: being quiet and depressed, tremors, twisted necks, paralyzed wings, laying down more than normal, or swelling around the eyes.<sup>1</sup>



Symptoms in dairy cows include: low appetite, decreased milk production, or abnormal colostrum-like-milk.<sup>8</sup>



Symptoms in humans include: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, eye redness or pink eye, or trouble breathing.<sup>3</sup>

## What are H5N1 signs & symptoms in other mammals?

Symptoms in other mammals, like domesticated cats and skunks, are similar to the symptoms above. Tiredness, low energy, nervousness, respiratory issues like coughing and sneezing, and seizures are common. Several dead animals in an area with no obvious explanation may also be a sign of infection.

### Sources

1. Eckhoff, Alexandra and Phipps, Erin. "Poultry Biosecurity." New Mexico Livestock Board and New Mexico Department of Health, 20 June 2024, Albuquerque Area Southwest Tribal Epidemiology Center, Albuquerque, NM. Presentation.
2. <https://www.avma.org/resources-tools/animal-health-and-welfare/animal-health/avian-influenza/avian-influenza-virus-type-h5n1-us-dairy-dairy-cows>
3. <https://cdphe.colorado.gov/animal-related-diseases/hpai-h5n1>
4. <https://newmexicowildlifecenter.org/localwildlifeupdates/>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2918962/>
6. CDC A(H5N1) Bird Flu Response Update August 2, 2024
7. <https://www.usda.gov/sites/default/files/documents/AvianFluBrochure.pdf>
8. <https://ag.colorado.gov/animals/reportable-diseases/avian-influenza/hpai-in-dairy-dairy-cows>



**If you have questions, would like to report dead or sick animals or suspicion of sick animals, or seek testing for humans or animals, call:**

## **NEW MEXICO**

**New Mexico Wildlife Center: 505-753-9505**

**New Mexico Game and Fish: 505-476-8000**

**New Mexico Livestock Board: 505-841-6161**

**New Mexico Department of Health Help Line: 1-833-796-8773**

## **COLORADO**

**Notify your local Colorado Parks & Wildlife Office**

**State Veterinarian's Office: 303-869-9130**

**Colorado Department of Health & Environment: 303-692-2700 or 303-370-9395**

## **TEXAS**

**Texas Animal Health Commission: 1-800-550-8242**

**Report dead wild birds to your local Texas Parks & Wildlife Biologist**

**Texas Department of Health Services: 512-776-7111**

