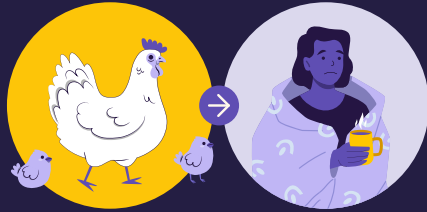


# Understanding Avian Influenza H5N1

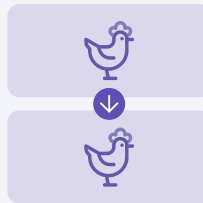
## Prevention and Protection Strategies



### Overview of H5N1 Avian Influenza

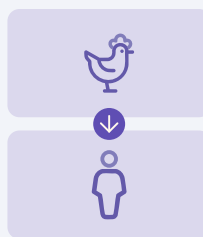
H5N1 is a subtype of the influenza A virus that primarily infects birds but has the potential to infect humans and other animals. Since 2020, H5N1 outbreaks have been reported globally, affecting wild birds, poultry, and, more recently, mammals, including dairy cattle and humans.

### Transmission



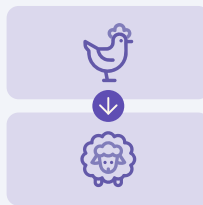
#### Birds to Birds

Wild birds, especially waterfowl, are natural carriers. The virus spreads through saliva, nasal secretions, and feces.



#### Birds to Humans

Direct contact with infected poultry or contaminated surfaces poses the highest risk. Human-to-human transmission is extremely rare but a concern if the virus mutates.



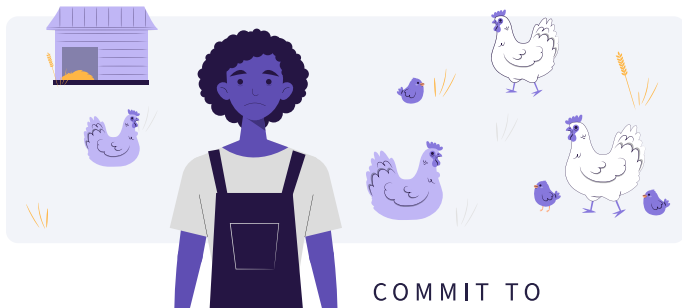
#### Birds to Mammals

The virus has recently been found in mammals, including cattle, raising concerns about new transmission pathways.

### Recent Developments

#### 1 Human Cases

The U.S. Centers for Disease Control and Prevention (CDC) confirmed the first severe human case of H5N1 in **December 2024**, involving an individual with direct exposure to infected birds. This underscores the importance of preventive measures for those in close contact with poultry.



#### 2 Spread to Mammals

H5N1 has been detected in various mammals, including dairy cattle, raising concerns about broader transmission dynamics.



COMMIT TO

Join us as we **CARE**

Community. Awareness. Responsibility. Engagement.



# Prevention and Protection Strategies

## For Individuals



### Avoid Direct Contact

Refrain from touching sick or dead birds. If contact is necessary, use appropriate personal protective equipment (PPE).



### Maintain Hygiene

Wash hands thoroughly with soap and water after handling birds or visiting environments where birds are present.



### Stay Informed

Keep abreast of local health advisories regarding avian influenza outbreaks.



### Seek Medical Attention

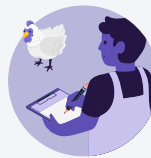
If you develop flu-like symptoms after exposure to birds, consult a healthcare provider promptly.

## For Businesses & Poultry Farms



### Implement Biosecurity Measures

Restrict access to poultry farms, ensure proper sanitation of equipment, and prevent contact between domesticated and wild birds.



### Monitor Flock Health

Regularly inspect birds for signs of illness and report any unusual mortality to veterinary authorities immediately.



### Vaccination

Consider vaccinating poultry against H5N1, following local regulatory guidelines.



### Develop Response Plans

Establish contingency plans for outbreak scenarios, including isolation procedures and communication strategies.

## Take Action:

# Join Commit to C.A.R.E.

Become a Member Today: [commit2care.org/partners/](https://commit2care.org/partners/)



Want to stay ahead of public health risks like avian flu?

Join Commit to C.A.R.E. to access expert insights, exclusive webinars, and industry-leading resources.