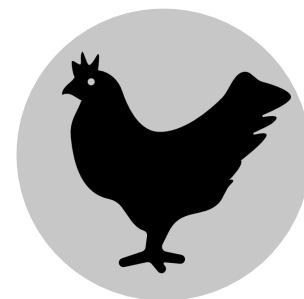


Highly Pathogenic Avian Influenza (HPAI) A (H5N1) Virus: I think I was exposed, what do I do?



What is HPAI?

- HPAI is a virus that causes avian influenza.
- Avian influenza affects many animals including domestic poultry, and other wild and domestic animals, like seals, foxes, cats, and cattle.
- The virus can make humans sick when it gets into a person's eyes, nose or mouth, or is inhaled.
- People can get sick with HPAI when they come into contact with infected birds or animals or unpasteurized (raw) milk.



Symptoms can be mild to severe and include:

- Fever
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Sneezing
- Shortness of breath
- Eye irritation
- Diarrhea
- Nausea or vomiting
- Fatigue
- Muscle or body aches
- Rash
- Headaches



Monitor for symptoms daily:

- Monitor yourself daily for symptoms starting today and until **10 days** after your last exposure.
- Monitor your health even if you followed all personal protective equipment (PPE) and biosecurity guidelines.
- Restart your 10-day monitoring period if you are exposed again.



If you develop symptoms:

- If you develop any of the symptoms above, call your health care provider.
- Make sure to mention your recent exposure.



For more information, visit <https://www.cdc.gov/flu/avianflu> or call Maine CDC's 24-hour consultation line at 1-800-821-5821.