



## Public Health Brief

**Richard O. Johnson, M.D., MPH**

Public Health Officer

Office: 530-694-2146, Ext 249

e-mail: [rjohnson@alpinecountyca.gov](mailto:rjohnson@alpinecountyca.gov)

**Nichole Williamson**

CAO/HHS Director

Office: 530-694-2235

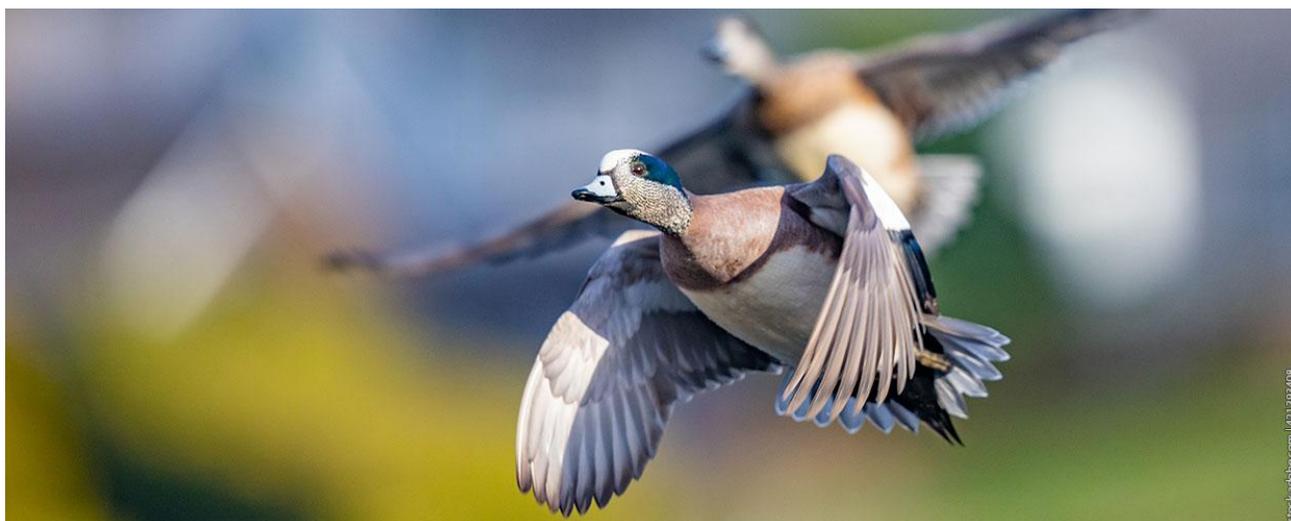
24/7/365 Emergency Contact Number

Dispatch: 530-694-2231, Ext 330



Wednesday January 22, 2025

### Are You a Bird Enthusiast or A Hunter? What is Your Risk of Bird Flu?



In its latest risk assessment, CDC maintains the [risk to the general public remains low](#), but is higher among farm workers in contact with sick or dead animals or their byproducts, people who own backyard poultry flocks, animal care workers, animal and public health responders, and **[people who engage in recreation that brings them in contact with wild birds, such as hunters](#)**. Steps you can take to [help prevent the spread of bird flu](#) include:

- Avoiding raw milk products and raw or undercooked meat and egg products, for yourself and your pets
- **[Not touching or handling dead or dying birds, animals, or mammals](#)**
- Keeping pets indoors and away from areas with large populations of migratory birds
- Containing backyard poultry and practicing good hygiene, including changing clothes and washing hands after caring for them
- Getting your seasonal flu vaccine, which [could provide some protection](#) against bird flu.



**Public Health**

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Charles Dobson, District 2: Evan Mecak, District 3: Irvin Jim,

District 4: Terry Woodrow, District 5: David Griffith

## How do I protect myself if I have contact with potentially infected birds?

If you must have contact with birds or other animals wear recommended personal protective equipment (PPE) and take extra precautions, including:

- Wearing PPE
  - Goggles or face shield
  - NIOSH® approved respirator
  - Gloves
  - Coveralls
  - Head cover
  - Boots
- Working outdoors or in well-ventilated indoor environments.
- Washing your hands after contact with animals or their environments and before taking breaks or eating/drinking.
- Avoiding touching your eyes, nose and mouth with unwashed hands.
- Wearing dedicated work clothing and footwear and washing them to keep on-site if possible.
- Changing clothes and footwear and showering after work.

### [Hunters-Protect Your Poultry and Pet Birds from Avian Influenza](#)

#### [HPAI Detections in Wild Birds](#)

#### [Avian Influenza](#)

[https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/H5N1-Bird-Flu-Working-with-Wildlife\\_EN.pdf](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/H5N1-Bird-Flu-Working-with-Wildlife_EN.pdf)

#### [Avian Influenza and Wild Birds](#)

#### [Influenza and Enhanced Biosecurity](#)

### [Understanding and Reducing the Risk of H5N1 Avian Influenza in Petting Zoos 2024](#)

<https://www.cdc.gov/bird-flu/situation-summary/data-map-commercial.html>

[https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/H5N1-Bird-Flu-Working-with-Wildlife\\_EN.pdf](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/H5N1-Bird-Flu-Working-with-Wildlife_EN.pdf)

## Reporting Sick Animals:

- Residents with backyard poultry flocks can report to CDFA if they have an unusually high number of sick or dead birds at 1-866-922-BIRD (2473).
- If community members find dead or sick wildlife and birds in public, like at a park, they can report it to CDFW through their reporting [form](#).
  - [CDFW's FAQ](#) that includes how to dispose of dead wildlife safely.



**Public Health**  
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Charles Dobson, District 2: Evan Mecak, District 3: Irvin Jim,

District 4: Terry Woodrow, District 5: David Griffith