



## General Public Guidance for H5N1 Bird Flu

Due to the H5N1 (bird flu) case that has been identified in Texas, the Health District wanted to provide information on H5N1 for your situational awareness.

### About Bird Flu:

- Avian influenza or bird flu refers to the disease caused by infection with avian influenza type A viruses.
- These viruses naturally spread among wild aquatic birds worldwide and can infect domestic poultry and other bird and animal species.
- Bird flu viruses do not typically infect humans.
- Human to human transmission is rare, yet exposure to infected animals can pose a risk of getting sick.
- Whenever possible people should avoid direct contact with wild birds and observe them only from a distance.

### Important Information To Know About This Situation:

- Our food supply is safe
- The risk to the public remains low
- Currently no human infections with these viruses have been detected in Connecticut
- Currently there are no known animal infections that have been detected in Connecticut
- The U.S. Department of Agriculture (USDA), Department of Energy and Environmental Protection (DEEP), and the CT Department of Agriculture will provide updates as information changes.

### Have You Had Contact With An Infected or Sick Bird?

- Contact your local health department for further guidance
- Refer to *Guidance For Individuals Who Come In Contact With Sick Or Dead Birds Regularly* information sheet, dated 04/03/2024, from the North Central District Health Department

Help monitor wild bird populations in Connecticut by reporting sightings of dead wild birds to:

[DEEP - Public Dead Bird Reporting Form \(ct.gov\)](#)

For additional information please visit the CDC at:

<https://www.cdc.gov/flu/avianflu/avian-flu-summary.htm>

**If you have questions, please contact the North Central District Health Department at  
860-745-0383**

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