



2025

425 E. Broad St.
Westfield, NJ 07090

Westfield Regional Health Department

Important Safety Notice



Bird Flu Advisory: H5N1 Influenza Virus

Report dead birds to the New Jersey Department of Environmental Protection by calling 1-877-WARN-DEP.



H5N1 bird flu has been identified in wild birds, dairy cows, poultry, and some individuals who have been exposed to sick animals.



While the current public health risk remains low, the Center for Disease Control (CDC) is monitoring the situation carefully and working with local health departments to monitor people with animal exposures.

To protect yourself and others:

- Do not touch sick or dead birds, or surfaces contaminated with bird feces.
- If handling a dead bird is necessary, wear gloves and a face mask and place in a plastic bag.
- Wash your hands with soap and warm water after handling any bird or contaminated surface.
- Wash any clothing worn during handling in hot water.
- Disinfect footwear to prevent the spread of the virus.
- Do not drink raw milk or give raw milk to pets.

Signs of bird flu

In birds



- Sudden death without prior signs of illness
- Reduced energy or appetite
- Purple discoloration or swelling of various body parts
- Reduced egg production or soft-shelled/misshapen eggs
- Nasal discharge, coughing, or sneezing
- Diarrhea or watery droppings
- Nervous system symptoms like tremors, lack of coordination, or paralysis

Signs of bird flu

In humans



- Fever and chills
- Cough and sore throat
- Muscle aches and general discomfort
- Headache
- Shortness of breath
- Eye infections (red, swollen, or irritated eyes)
- Nausea, vomiting, or diarrhea
- Severe respiratory distress, such as pneumonia or respiratory failure



If you become sick within 10 days of an exposure to a potentially infected bird or other animal, isolate at home and call your health care provider.