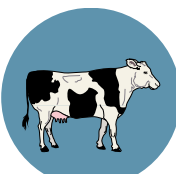
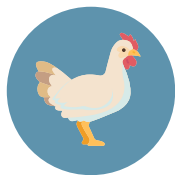


H5N1 FACT SHEET

FOR TRIBAL COMMUNITIES

Published October 2024 | Revised March 2025



What is H5N1?

- H5N1, is a viral disease also referred to as highly pathogenic avian influenza (HPAI), avian flu, or bird flu.
- H5N1 infects chickens, turkeys, pheasants, **quail**, ducks, geese, and other wild birds.¹
- H5N1 also infects dairy cows, other animals (e.g., **cats and skunks**), and humans.
- The virus has not been observed to be deadly to cows like it is for birds. For humans, cases range from mild to severe.² Risk to the general public remains low.
- There are varying and conflicting data about how long the virus can live on surfaces and how long infected animals are contagious for.
- There is no treatment for H5N1 in birds. Infected flocks need to be killed to prevent transmission to others. H5N1 infection in humans can be treated with a prescription antiviral medication called Tamiflu.³ In dairy cows, supportive treatment is recommended.
- H5N1 has shown species to species transmission and its pandemic risk is being closely monitored. **Prevention now is key.**

IT IS IMPORTANT TO CONTROL H5N1 SPREAD NOW TO PREVENT VIRUS MUTATION THAT CAN LEAD TO MORE FREQUENT AND SEVERE ILLNESS IN THE FUTURE.

People who are in close contact with chickens, dairy cows, wild birds, and other infected mammals are most at risk of spreading H5N1 to other animals or becoming infected themselves.⁴

FOR MORE INFORMATION, UPDATES, & HUMAN CASES VISIT:

<https://www.cdc.gov/bird-flu/index.html>

H5N1 information is changing as we learn more. For up-to-date information and case monitoring in animals, scan this QR code or visit:

<https://www.aphis.usda.gov/livestock-poultry-disease/avian/avian-influenza/hpai-detections>



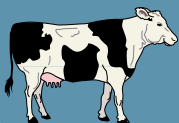
PROTECT OUR ANIMALS, OUR COMMUNITIES, & YOURSELF



How do animals & humans get the virus?



H5N1 is most commonly passed from bird-to-bird through ingestion or direct contact with feces or respiratory secretions from infected birds.⁴



- Transmission from birds to dairy cows and humans is not well understood.
- However, the virus appears to be passed from dairy cows to humans through contaminated, unpasteurized milk and milking equipment.²
- Evidence also suggests that infected dairy cows can spread the virus to poultry through contaminated equipment.²
- The virus does not spread easily from person to person. Public health officials are monitoring this closely.³



USING FEATHERS FROM INFECTED BIRDS FOR TRADITIONAL USE MAY POSE SOME RISK



- One study suggests that the virus can live on feathers for at least 15 days at room temperature (68 degrees F).⁵
- Cooler temperatures sustain the virus longer.
- Use protective equipment and let feathers sit in the sun/hot environment for at least 15 days to disinfect.

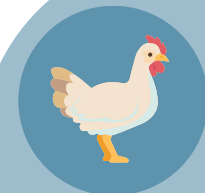
PINON PICKING MAY POSE SOME RISK

- Change or disinfect shoes when going from one picking location to another.
- If you are concerned about contaminated pinon, wash thoroughly and roast them and/or let washed raw pinon sit in the sun for a minimum of 26 hours before consuming.

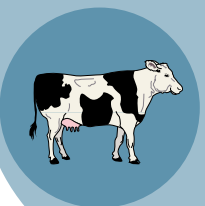




What are H5N1 signs & symptoms?



- Birds commonly experience sneezing, coughing, nasal discharge, diarrhea, or poor appetite.¹
- Other symptoms common in chickens include: quiet and depressed; ruffled feathers; respiratory signs (gasping); swelling around the head, neck, and eyes; purple discoloration of comb and legs; decreased egg production; change in egg color; or death.¹
- Some poultry species may have nervous system symptoms such as: being quiet and depressed, tremors, twisted necks, paralyzed wings, laying down more than normal, or swelling around the eyes.¹



Symptoms in dairy cows include: low appetite, decreased milk production, or abnormal colostrum-like-milk.



Symptoms in humans include: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, eye redness or pink eye, or trouble breathing.³

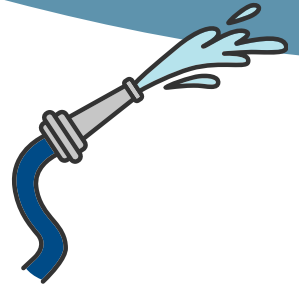
What are H5N1 signs & symptoms in other mammals?

Symptoms in other mammals, like domesticated cats and skunks, are similar to the symptoms above. Tiredness, low energy, nervousness, respiratory issues like coughing and sneezing, and seizures are common. Several dead animals in an area with no obvious explanation may also be a sign of infection.



How can we prevent H5N1?

Avoid sharing farm equipment (hoses, feeders, rakes, etc.). When sharing is unavoidable, make sure to clean equipment well, sanitize, and let sit for 14 days. If equipment is needed sooner than 14 days, it can be left in the sun to sanitize faster.¹



Decrease contact with wild birds and other domestic flocks or animals.⁴ When possible, house birds indoors or in wildlife-proof enclosures.⁶



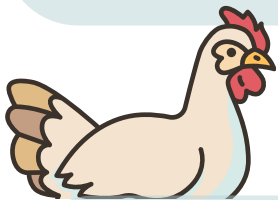
Have a specific pair of shoes used for going into animal living areas and clean shoes after hiking or pinon picking in one area and moving to another.^{1,4}

Avoid exposure to animal poop, bedding, or other materials that have been touched by or near animals with suspected or confirmed H5N1.⁷

Avoid contact with sick animals. If this is unavoidable, wear protective equipment (masks, face shields, goggles, coveralls, and gloves).³



Do not consume unpasteurized milk. Properly cooked poultry, eggs, and beef are safe to eat.^{1,8}



Limit visitors to your flock area, particularly if they own chickens.

Keep new birds not born on site away from your existing flock for at least 2 weeks (ideally 4 weeks).

Although the seasonal flu vaccine does not protect against bird flu, the CDC recommends that people working with animals get their seasonal flu vaccine to reduce the overall burden of influenza and risk of virus mutation.⁷



If you have questions, would like to report dead or sick animals or suspicion of sick animals, or seek testing for humans or animals, call:

NEW MEXICO

New Mexico Wildlife Center: 505-753-9505

New Mexico Game and Fish: 505-476-8000

New Mexico Livestock Board: 505-841-6161

New Mexico Department of Health Help Line: 1-833-796-8773

COLORADO

Notify your local Colorado Parks & Wildlife Office

State Veterinarian's Office: 303-869-9130

**Colorado Department of Health & Environment: 303-692-2700 or
303-370-9395**

TEXAS

Texas Animal Health Commission: 1-800-550-8242

Report dead wild birds to your local Texas Parks & Wildlife Biologist

Texas Department of Health Services: 512-776-7111

Sources

1. Eckhoff, Alexandra and Phipps, Erin. "Poultry Biosecurity." New Mexico Livestock Board and New Mexico Department of Health, 20 June 2024, Albuquerque Area Southwest Tribal Epidemiology Center, Albuquerque, NM. Presentation.
2. <https://www.avma.org/resources-tools/animal-health-and-welfare/animal-health/avian-influenza/avian-influenza-virus-type-h5n1-us-dairy-dairy-cows>
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7. CDC A(H5N1) Bird Flu Response Update August 2, 2024
8. <https://www.usda.gov/sites/default/files/documents/AvianFluBrochure.pdf>

