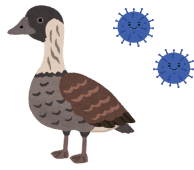


# Avian Influenza



Also known as: **Highly Pathogenic Avian Influenza (HPAI) or Bird Flu**

February 4, 2026

## What is Avian Influenza?

### Avian influenza (bird flu)

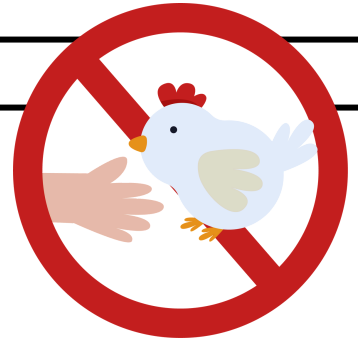
- Spreads mainly among wild birds.
- Sporadically causes illness in poultry and other mammals.
- Rarely causes illness in humans.
- Individuals who spend time with birds or livestock are at greater risk of infection.

## Current Situation

- Bird flu is widespread in wild birds worldwide and is causing outbreaks in poultry and U.S. dairy cows.
- Recent human cases have been reported, primarily in people who work closely with animals; no human cases currently in New Jersey.
- Learn more: [CDC Current Situation Summary](#).

## What Can the General Public Do?

- **Stay informed and monitor updates to the situation.**
  - State of New Jersey: [www.NJ.gov/H5N1](http://www.NJ.gov/H5N1)
  - CDC: [www.cdc.gov/bird-flu/index.html](http://www.cdc.gov/bird-flu/index.html)
- **Avoid contact with wild birds or other sick animals.**
- **Do not consume raw, unpasteurized milk or milk products.**
- Cook poultry, beef, and eggs to safe internal food temperatures.
- **Get your seasonal flu shot** to prevent potential co-infection with both bird flu and seasonal flu at the same time.
- After playing outdoors in areas with waterbirds, wash and disinfect clothing, equipment, and footwear. **Wash hands often.**
- Talk to your doctor if you have flu-like symptoms **and** suspect you were exposed to sick or dead birds within the last 10 days.
  - Symptoms may include: cough, sore throat, eye redness/discharge, fatigue, fever, runny nose, muscle pain, stiff joints, headache, difficulty breathing.



### Report Dead or Sick Birds:

- **Domestic Birds**
  - NJ Department of Agriculture: **(609) 671-6400**
- **Wild Birds**
  - Robbinsville Police Department: **(609) 259-3900 AND**
  - NJ Department of Environmental Protection: **(877) WARN-DEP** or **(877) 927-6337**

## West Windsor Health Department

Serving the communities of West Windsor and Robbinsville  
(609) 936-8400

