

Over 150 million commercial birds have been killed since 2022.

Bird flu (H5N1) is a type of "flu" virus normally carried by birds that can cause severe illness and death.

Commercial chickens and eggs (and backyard flocks) are being affected by "Avian Influenza" "BIRD FLU"



DID YOU NOTICE EGGS ARE MORE EXPENSIVE?

Here's why →

Wherever there are birds, there could be flu — & it's not just birds that can catch it. Many different animals are dying from the virus, especially at poultry farms and zoos.

FOR MORE INFORMATION, TIPS, AND RESOURCES CHECK OUT THE NEST. thecuckoonest.org



HOW DO WE KEEP OURSELVES AND OUR WALLETS SAFE? ONLY CONSUME FULLY COOKED MEAT AND PASTEURIZED DAIRY PRODUCTS. TRY EGG AND DAIRY FREE RECIPES. KEEP YOUR DISTANCE FROM WILDLIFE. KEEP CATS INSIDE. PRACTICE PROPER HYGIENE. SHARE THESE TIPS WITH YOUR LOVED ONES. REMEMBER, CHANGING RECOMMENDATIONS MEAN WE UNDERSTAND MORE ABOUT THE VIRUS.

BEING AWARE AND ADAPTING IS KEY Stay updated on bird flu news and recommendations. Adapt to new information.

Check out the CDC Bird Flu Dashboard https://www.cdc.gov/bird-flu/situation-summary/index.html

RAW MILK CAN HAVE BACTERIA AND VIRUSES IN IT. Sick cows, cow poop, and dirty equipment can cause harmful things to grow. BOIL YOUR RAW DAIRY OR STICK TO PASTEURIZED Remember: High heat kills viruses!

EXPLORE NEW RECIPES To save at the grocery store, try egg and dairy-free recipes, and different sources of protein!

Egg free food is still delicious! Just ask the Physicians Committee for Responsible Medicine! https://www.pcrm.org/news/blog/10-egg-replacement-tips-and-12-eggless-recipes