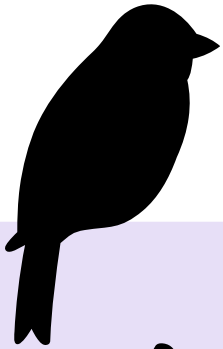


**DID YOU NOTICE
EGGS ARE MORE
EXPENSIVE?**

Here's why →

Commercial chickens and eggs
(and backyard flocks)
are being affected by



Avian Influenza "BIRD FLU"

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

Over 150 million commercial birds
have been killed since 2022.



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**.

US news

More than a dozen cats sick or dead from bird flu in raw food, FDA reports

Pet food manufacturers using uncooked cattle or poultry materials advised to consider flu in their safety plans



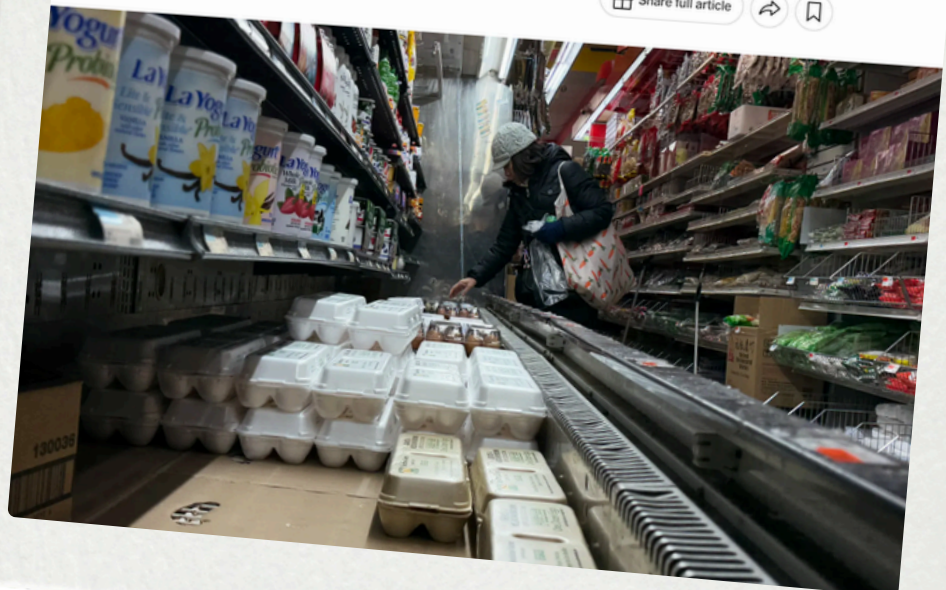
Two cats of Joseph Journell, from San Bernardino, California, died from bird flu after they drank raw cow milk. Cleo, center, did not drink the milk and remained healthy. Photograph: Joseph Journell/AP

Egg Prices Are High. They Will Likely Go Higher.

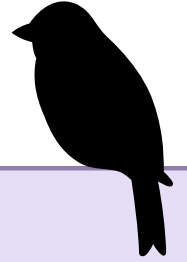
Avian influenza has led to a shortage of eggs and wholesale prices that are through the roof. Consumers can expect to feel the pain for a while.

▶ Listen to this article · 8:11 min [Learn more](#)

🎁 Share full article



HOW CAN WE PROTECT OURSELVES?



ONLY CONSUME FULLY COOKED MEAT AND PASTEURIZED DAIRY PRODUCTS.

KEEP YOUR DISTANCE FROM WILDLIFE.

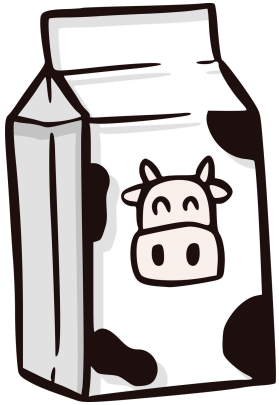
KEEP CATS INSIDE.

PRACTICE PROPER HYGIENE.

SHARE THESE TIPS WITH YOUR LOVED ONES.

REMEMBER, CHANGING RECOMMENDATIONS MEAN WE UNDERSTAND MORE ABOUT THE VIRUS.

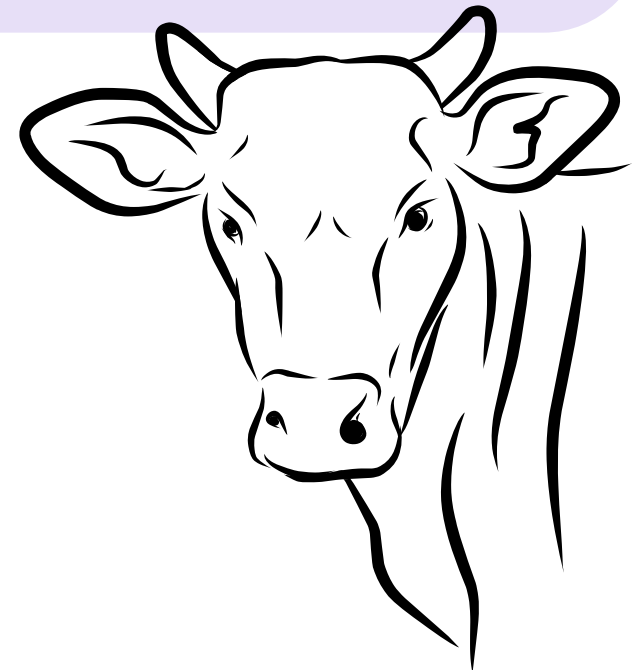
RAW MILK CAN HAVE BACTERIA AND VIRUSES IN IT.



Sick cows, cow poop, and dirty equipment can cause harmful things to grow.

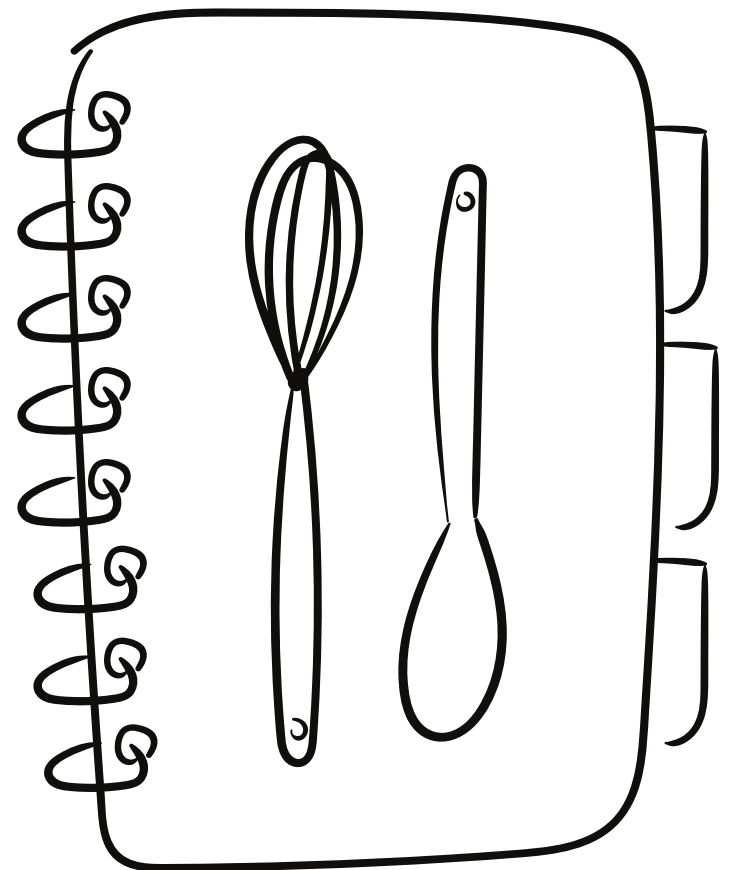
**BOIL YOUR RAW DAIRY
OR STICK TO
PASTEURIZED**

**Remember:
High heat kills viruses!**



EXPLORE NEW RECIPES

To save at the grocery store, try egg and dairy-free recipes.



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

<https://www.pcrm.org/news/blog/10-egg-replacement-tips-and-12-eggless-recipes>

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)

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



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

thecuckoonest.org

