

Remember: High heat kills viruses!

BOIL YOUR RAW DAIRY OR STICK TO PASTEURIZED

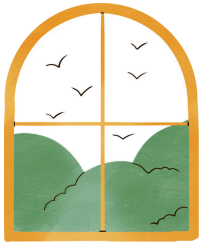


Sick cows, cow poop, and dirty equipment can cause harmful things to grow.

RAW MILK CAN HAVE BACTERIA AND VIRUSES IN IT.

HAPPY CATS ARE INDOOR CATS!

Outdoor cats are high risk for catching bird flu.



There are great resources for keeping cats happy indoors! Try be.chewy.com/how-to-keep-indoor-cats-happy.

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

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.
SHAKE THESE TIPS WITH YOUR LOVED ONES.

HOW DO WE KEEP OURSELVES SAFE?

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)



Many different animals are dying from the virus, especially at poultry farms and zoos.

Wherever there are birds, there could be flu — & it's not just birds that can catch it.



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

thecuckoonest.org



The Cuckoo Nest



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

"BIRD FLU" Avian Influenza

There is currently an outbreak of

HAVE YOU HEARD A LOT ABOUT BIRDS LATELY?

Here's why →

