

HOW TO MAKE A ZINE

1. FOLD IN HALF



2. FOLD IN HALF (AGAIN)



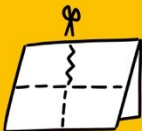
3. FOLD IN HALF (AGAIN)



6. UNFOLDED, IT SHOULD LOOK LIKE THIS



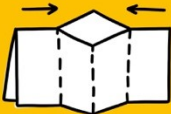
5. FOLD IN HALF + CUT THE CENTRE



4. UNFOLD TO FIND 8 PAGES



7. FOLD IN HALF AND PUSH TOGETHER



8. NUMBER YOUR PAGES IN THE RIGHT ORDER + ROTATION



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.

"Bird Flu" Avian Influenza

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

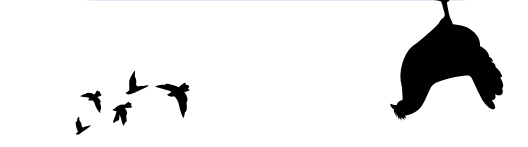


DID YOU NOTICE EGGS ARE MORE EXPENSIVE?

Here's why →

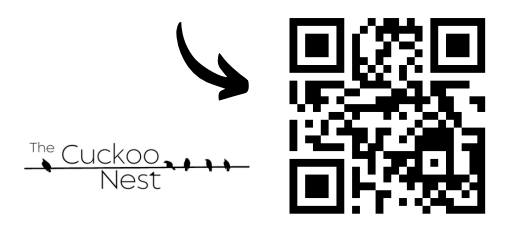
Many different animals are dying from the virus, especially at poultry farms and zoos.

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



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

ONLY CONSUME FULLY COOKED MEAT AND PASTERIZED 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.

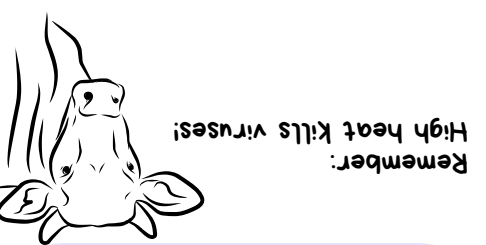
HOW DO WE KEEP OURSELVES AND OUR WALLETS SAFE?

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)



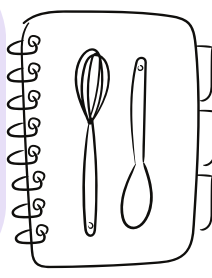
BOIL YOUR RAW DAIRY OR STICK TO PASTERIZED

RAW MILK CAN HAVE BACTERIA AND VIRUSES IN IT.
Sick cows, cow poop, and dirty equipment can cause harmful things to grow.

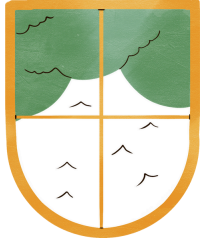
EXPLORE NEW RECIPES

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>



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



Outdoor cats are high risk for catching bird flu.

HAPPY CATS ARE INDOOR CATS!

RAW MILK CAN HAVE BACTERIA AND VIRUSES IN IT.



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

AVOID FEEDING YOUR PETS RAW FOOD AND RAW DAIRY

Over 15 house cats have died from consuming food contaminated with bird flu.



HOW CAN WE PROTECT OURSELVES AND OUR PETS?

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YOUR PETS CAN'T TAKE PRECAUTIONS, BUT YOU CAN.



Taking your shoes off before going inside, wearing a mask in public spaces, avoiding raw food/dairy, and keeping your cats inside reduce the chances of your fur baby getting sick.

30+ domestic and big cats have died from bird flu since November.



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.

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thecuckoonest.org

The Cuckoo Nest



And cats are particularly vulnerable.

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"BIRD FLU"
Avian Influenza

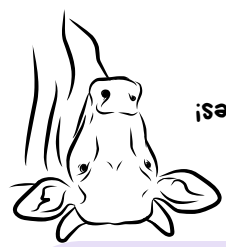


You may have heard about an outbreak of

**PSPSPSPS
PSPSPSPS**



a message from your cat



Remember: High heat kills viruses!

BOIL YOUR RAW DAIRY OR STICK TO PASTEURIZED

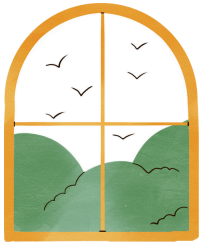


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"BIRD FLU" Avian Influenza

There is currently an outbreak of

HAVE YOU HEARD A LOT ABOUT BIRDS LATELY?

Here's why →

