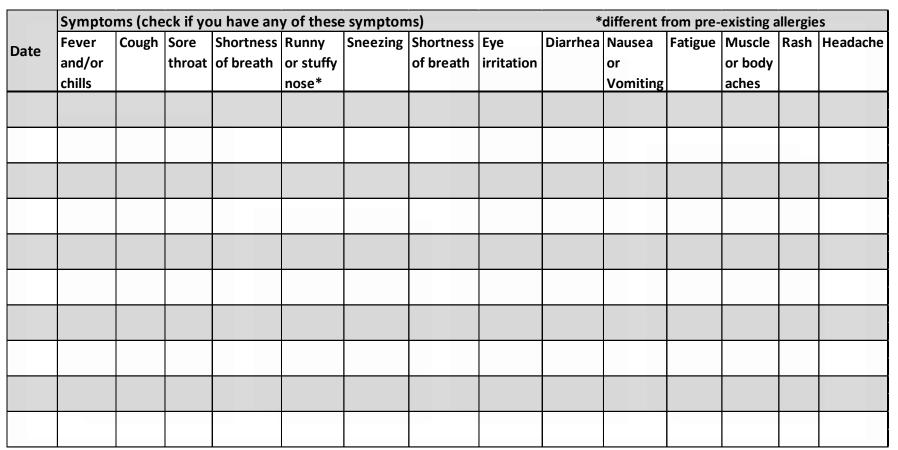
Avian Influenza Exposure Symptom Checker

Please monitor yourself daily for symptoms of avian influenza for **10 days** after your last exposure to infected birds. If you are around infected birds again, restart your 10-day monitoring period from Day 1.



Additional space on next page.

If you develop one or more of the above symptoms after contact with infected birds:

- Call your healthcare provider **AND** Maine CDC (1-800-821-5821). Be sure to mention your recent exposure to infected birds.
- If your healthcare provider tests you for flu, call Maine CDC to let them know.

	Symptoms (check if you have any of these symptoms)									*different from pre-existing allergies					
Date	Fever	Cough		Shortness			Shortness		Diarrhea	Nausea	Fatigue		Rash	Headache	
	and/or		throat	of breath			of breath	irritation		or		or body			
	chills				nose*					Vomiting		aches			

If you develop one or more of the above symptoms after contact with infected birds:

- Call your healthcare provider **AND** Maine CDC (1-800-821-5821). Be sure to mention your recent exposure to infected birds.
- If your healthcare provider tests you for flu, call Maine CDC to let them know.