



Indiana State Department of Health

Epidemiology Resource Center

Avian Influenza A (H7N8) Self-Observation Instructions

Information is being provided to you because of your participation in a response to highly pathogenic avian influenza (HPAI) and/or low pathogenic avian influenza (LPAI) A (H7N8) outbreak in poultry. Infected birds shed the virus in their saliva, mucous and feces. Human infections may occur when virus gets into a person's eyes, nose, or mouth or is inhaled. The Centers for Disease Control and Prevention (CDC) believes the risk of human infection is low; no human cases of avian influenza A (H7N8) have been reported. However, since cases of human cases of infection with other avian influenza A (H7) viruses have occurred in other settings, all people participating in an HPAI/LPAI response should be monitored during response efforts through 10 days after their last possible exposure to infected birds, their carcasses, or their waste.

Please follow these instructions carefully:

Observe your health daily even if you carefully followed all guidelines and instructions from your safety officer and properly put on and took off PPE. Monitor yourself daily during response efforts through 10 days after you demobilize for any of the signs and symptoms of influenza virus infection (both seasonal and avian influenza have the same symptoms):

- Fever (temperature over 100 degrees F or 37.8 degrees C) or feeling feverish/chills
- Cough, sore throat or headaches
- Runny or stuffy nose
- Conjunctivitis ("pink eye")
- Difficulty breathing/shortness of breath
- Fatigue (feeling very tired)
- Muscle or body aches
- Nausea, vomiting or diarrhea
- Seizures
- Rash

Call the local or state health department in the state or county where you live (telephone numbers are provided below for Indiana residents who live in Dubois County) **immediately** if you develop any of the symptoms listed above. The health department may ask you to be tested for influenza, and a health care provider may prescribe antiviral medication used to treat influenza infection.



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Please log the below information daily. This log will assist you in self-monitoring your symptoms.

Date of Initial Exposure: _____ **Date of Last Exposure:** _____

Date Monitoring Began: _____ **Date Monitoring Ended:** _____

(Daily monitoring should continue for 10 days after last known exposure)

Antiviral Started?: Yes / No **Start Date:** _____

Date	Record Daily Temperature (°F)	Respiratory Symptoms (Cough, sneezing or swollen sinuses, sore throat, nasal discharge, difficulty breathing, eye inflammation or irritation, eye discharge, other)	Exposure Were you exposed to sick or dying birds today? PPE Y/N	Comments
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			Exposure Y N PPE Y N	
			Exposure Y N PPE Y N	
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