

Avian Influenza Exposure Symptom Tracker



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

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

If you develop one or more of the above symptoms after contact with infected animals: Additional space on next page.

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

