



Weekly Alert September 19th, 2024

Mysterious bird flu cases: what we know

Nearly 1 in 5 Texans heard about it this week

Earlier [this month](#), the CDC confirmed a unique human case of bird flu in Missouri. It was the first case to be reported in which the patient had no known contact with a sick or infected animal. It was the 14th case of bird flu in humans this year in the U.S., including at least one known case in Texas. About 1 in 5 Texas adults surveyed (19%) heard about the Missouri case last week.

What is known so far?

On September 6th, CDC confirmed that avian influenza A(H5), or bird flu, was detected in a Missouri patient hospitalized for an underlying medical condition with chest pain, nausea, vomiting, diarrhea, and weakness. They were treated with antiviral flu medication, discharged, and recovered. A close household contact of the patient also became ill around the same time but was not tested; a third person, a healthcare worker, had mild symptoms but tested negative for flu. A 10-day follow-up period ended with no new cases found.

[CDC stated](#) that symptoms developed at the same time in the identified cases, suggesting a common exposure and not person-to-person transmission. The exposure has not been identified.

How are health officials responding?

The case was identified through the seasonal flu surveillance system, which [protects the public](#) by testing patient samples and learning which flu viruses are circulating in which communities. The CDC, local health authorities, and other agencies such as USDA are collaborating on the bird flu case. They are conducting genetic sequencing of the virus that infected the patient; results so far show no increased risk of human-to-human transmission and confirm that the virus is treatable with current antiviral medications.

They also are increasing [public education](#), especially for farm workers, on how to avoid contact with sick animals. Tracking efforts have been expanded using [wastewater testing](#) for early detection of the virus. Combined, these behind-the-scenes proactive measures help protect the public's health.

Help keep Texas informed

Community organizations can help increase awareness by sharing the resources below on

how to prevent H5N1 infections and educate people on avoiding contact with sick or dead animals.

This week's report is based on responses from a panel of 592 adult residents of Texas (n = 98), St. Louis, MO (n = 143), Omaha, NE (n = 90), Baltimore, MD (n = 124) and Colorado (n = 137) surveyed September 14-16, 2024. Explore these data and more at [iHeard Texas](#).

Shareable Resources

Click to download resources to share in your community.
Remember to include **#iHeardTexas #iHeardTX** when sharing on social media!

Mysterious bird flu case

Bird flu
iHeard Texas

Mystery bird flu case:

Here's what we know

Progress bar: 10% complete

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CDC confirmed a human case of bird flu in Missouri.

- It's the **first case** reported in which the patient had **no known contact with an infected animal**.
- It's the **14th** case of bird flu in humans this year in the U.S.

A household contact of the patient got sick around the same time. CDC says that suggests a common exposure, **not person-to-person transmission**. No exposure has been identified.

Source: **CDC**

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What are we learning?

The **seasonal flu surveillance system** identified the case. The system protects the public by learning which flu viruses are circulating and where.

Agencies are teaming up to study the bird flu virus from this case. They've found:

- **No increased risk of human-to-human transmission**
- The virus is **treatable** with current antiviral medications

Source: **CDC**

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How are health officials responding?

They are increasing public education, **especially for farm workers**, on how to avoid contact with sick animals.

Tracking efforts have been expanded using **wastewater** testing for early detection of the virus.

These behind-the-scenes proactive steps help protect the public.

Suggested Caption:

On September 6th, CDC confirmed that avian influenza A(H5), or bird flu, was detected in a Missouri patient. The patient was hospitalized but has since recovered. It's the first case in which the patient had no known contact with an infected animal. Swipe through to learn about what we know so far.

[Download here](#)

Bird Flu Fact Sheet

Mystery bird flu case:
Here's what we know

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Source: CDC

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