

PARROT PSITTACOSIS SAFEHOME CHECKLIST

Psittacosis, also known as “parrot fever,” is a bacterial infection caused by Chlamydia psittaci. It can spread from birds to humans through dried droppings and feather dust. Up to 40% of apparently healthy parrots may carry the organism without symptoms. Proper hygiene and veterinary screening protect both your bird and your family.

1- Routine Veterinary Health Checks

- Schedule annual avian exams including fecal and chlamydia testing, even for healthy birds.
- New arrivals should be quarantined for at least 30 days in a separate room.
- If you bring home multiple birds, test each one before housing them together.
- Report any respiratory or feather changes to your avian vet promptly.

2- Safe Cleaning and Hygiene Practices

- Always moisten droppings or cage debris before cleaning to prevent inhaling dust.
- Use gloves and a mask during deep cleans, especially for large enclosures or aviaries.
- Clean cages, perches, and dishes daily with a bird-safe disinfectant.
- Wash your hands thoroughly before and after handling your bird.
- Avoid vacuuming dry droppings or using air blowers that aerosolize particles.

3- Air Quality and Environmental Safety

- Keep your bird away from kitchens, smoking areas, candles, or aerosols.
- Provide good ventilation but avoid drafts.
- Change air filters regularly in rooms where birds live.
- Ensure sunlight or full-spectrum lighting to support natural immunity.

4- Stress Reduction and Immune Support

- Offer daily mental stimulation: foraging toys, gentle interaction, and consistent routines.
- Maintain a predictable light–dark cycle with at least 10 hours of rest.
- Avoid sudden cage changes or new birds introduced without gradual acclimation.
- Feed a balanced, vet-approved diet that supports immune health.

5- Warning Signs That Need Veterinary Attention

- Watery or green droppings
- Sneezing, nasal discharge, or labored breathing
- Ruffled feathers and reduced activity
- Weight loss despite eating normally
- Owner symptoms such as persistent cough, fever, or fatigue after cleaning cages

Psittacosis is treatable, but prevention through good hygiene and veterinary partnership is far more effective. Your parrot’s cage is part of your home’s ecosystem. Let’s create a safety plan that protects both you and your bird. Book your personalized husbandry review today through this link :
https://calendly.com/contact-exoaquavet/45min