

AVIAN INFLUENZA

WORKER EXPOSURES & PREVENTION for Dairy Workers

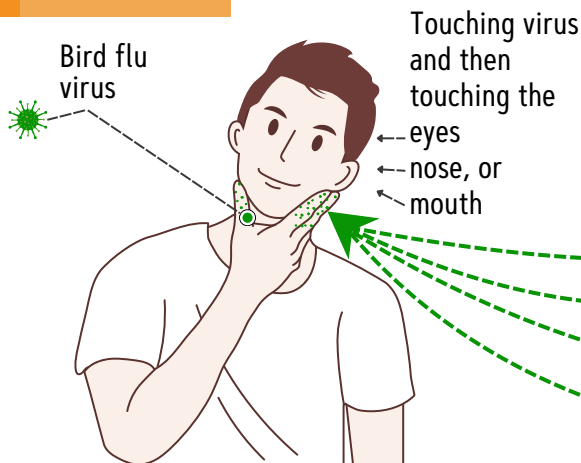


CAN PEOPLE CATCH AVIAN INFLUENZA (BIRD FLU)?

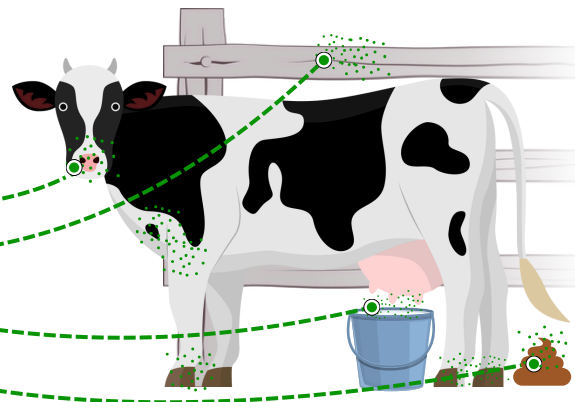
Avian influenza (AI) viruses, also known as bird flu, usually do not infect people, but there have been some cases of human infection. This virus is typically found in birds, but has also been found in cattle and other animals.

HOW DOES AI SPREAD?

1 Direct Contact



2 Contaminated Surfaces



HOW TO PREVENT TRANSMISSION

- Wear appropriate PPE
- Take precautions regarding airborne particles
- Be diligent about personal sanitation
- Get your annual flu shot
- Know what to do if you are exposed to a sick animal
- **Do not drink unpasteurized milk**

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PERSONAL SANITATION

- Follow your farm's biosecurity practices.
- Use proper PPE (gloves, respiratory protection, and eye protection).
- Avoid touching your mouth, nose, eyes, phone, food, or other objects after contacts with animals.
- Wash your hands with soap and water after touching animals or surfaces.
- Never wear work clothes home.

ANNUAL FLU SHOT

Everyone 6 months and older is recommended to get a seasonal flu vaccine every year.

Those who may have exposure to sick animals should especially get a seasonal flu vaccine.

Seasonal flu vaccination will not prevent infection with avian influenza, but can reduce the risk of getting sick with human and bird flu viruses at the same time.

EXPOSURE TO INFECTED ANIMALS

People working with infected animals should monitor for symptoms. If symptoms are present, notify your healthcare provider and veterinarian. Follow all instructions given to you by your manager.

SYMPTOMS TO WATCH FOR

- Runny or stuffy nose
- Fatigue
- Cough
- Sore throat
- Headaches
- Diarrhea
- Nausea
- Eye tearing, redness, or irritation (conjunctivitis)
- Fever (Temperature of 100°F [37.8°C] or greater) or chills
- Difficulty breathing/shortness of breath (**call 911**)

ADDITIONAL RESOURCES

Scan the QR code with your smartphone or click the link below.



CDC:
Protect Yourself
from H5N1 Bird Flu




CDC:
Prevention & Antiviral Treatment
of Bird Flu Viruses in People

PPE GUIDELINES



CDC: Avian Influenza PPE Guidelines

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