

# WORKER PROTECTION FROM THE BIRD FLU

H5N1 is a virus that causes "bird flu". People can get sick with bird flu when they have contact with birds, dairy cows, or other animals infected with the H5N1 virus. The virus can be found in the feces (manure), raw milk and saliva of infected animals. The virus can get in the air and then enter a person through their eyes, nose and mouth; including through breathing. This can be prevented by using personal protective equipment (PPE).



## Symptoms:

People infected with bird flu can have one or more of these symptoms: eye redness (conjunctivitis), cough, sore throat, runny or stuffy nose, diarrhea, vomiting, muscle or body aches, headaches, fatigue, trouble breathing, and fever. Bird flu can be serious and lead to hospitalization and/or death.

## Protect Yourself:

- On a farm with animals that might be infected with H5N1 viruses, always wear PPE\* when working with animals or materials, including raw milk.
- Wash your hands with soap and water thoroughly throughout the day and before eating. Avoid touching your face and mouth.
- Do not drink raw or unpasteurized milk. You could get sick from drinking raw milk from sick cows.

*\*See backside for more details on personal protective equipment to wear.*



## Exposed or Feel Sick:

You should monitor for symptoms while working directly or closely with animals infected with H5N1 virus, and for 10 days after your last exposure.

If you start to feel sick or have any of the symptoms listed above, stay away from other people and get tested by a healthcare professional. If you test positive, your doctor will provide medicine for you and other people you live with to prevent serious illness.

## For more information:



Workplace Hazard Helpline:  
(866)-282-5516



<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/NovelFlu.aspx>

Scan to learn more:



# PROTECT YOURSELF FROM H5N1 BY USING PPE WHEN WORKING WITH INFECTED FARM ANIMALS

Wear personal protective equipment (PPE) provided by your employer when working directly or closely with sick, dead or infected animals, animal feces, litter, raw milk, and other materials the animal has come in contact with.

## PPE:

**Always wash hands with soap and water, then put on PPE in this order:**

1. Coveralls, fluid-resistant if needed
2. Waterproof apron, where needed
3. NIOSH approved respirator (e.g., N95 filtering facepiece respirator or elastomeric half mask respirator. An elastomeric (rubber-type) respirator is required for enclosed areas)
4. Unvented or indirectly vented safety goggles or face shield
5. Head or hair cover
6. Gloves
7. Boots



## While wearing PPE:

- Use separate designated clean areas, one for putting on PPE and one for taking off PPE.
- Avoid touching your eyes, mouth, and nose after touching any contaminated material.
- Do not eat, drink, smoke, vape, chew gum, dip tobacco, or use the bathroom.
- Monitor yourself and coworkers for heat-related illness.\*

\*(<https://www.dir.ca.gov/dosh/HeatIllnessInfo.html>)

## Follow these steps to safely remove

### PPE:

1. Remove the apron, if worn.
2. Clean and disinfect boots.
3. Remove boots.
4. Remove coveralls and head or hair cover.
5. Remove gloves.
6. Wash hands with soap and water or alcohol-based hand rub.
7. Remove goggles or face shield and then remove respirator.
8. Wash hands again with soap and water or alcohol-based hand rub.

## After removing PPE:

- Shower at the end of the work shift.
- Leave all contaminated clothing and equipment at work and launder reusable coveralls at work if feasible.

## Reusable and disposable PPE:

- Clean and disinfect reusable PPE after every use.
- While removing PPE, dispose of all disposable PPE appropriately and set aside reusable PPE.