

H5N1 VIRUS GUIDANCE FOR FARM WORKERS

H5N1 is a virus that causes what is known as “bird flu.” People can get sick with bird flu when they come into contact with infected birds or animals.

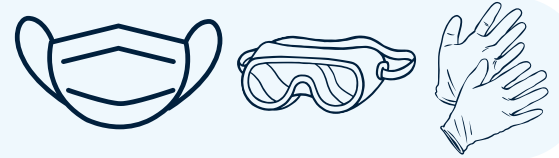
Symptoms of bird flu can include:

Eye redness (conjunctivitis), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, trouble breathing, and fever.

How farm workers can protect themselves:

1

Wear protective clothing when working with sick or dead animals, feces, or milk.



2

Get a seasonal flu vaccine to reduce the risk of getting sick with human flu and bird flu at the same time.



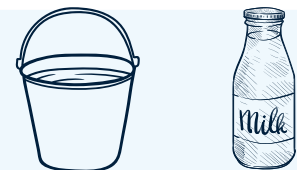
3

Wash your hands thoroughly throughout the day and before eating. Avoid touching your face and mouth.



4

Do not drink raw or unpasteurized milk. You could get sick from drinking milk from sick cows.



What to do if you are exposed or feel sick:

If you were exposed to the H5N1 virus, you should monitor your symptoms for 10 days from your last exposure.

If you start to feel sick and have flu-like symptoms, you should isolate away from other people right away and get tested by a healthcare professional.



For questions about H5N1
Scan the QR code or visit:
<https://www.cdc.gov/bird-flu/prevention/farm-workers.html>

