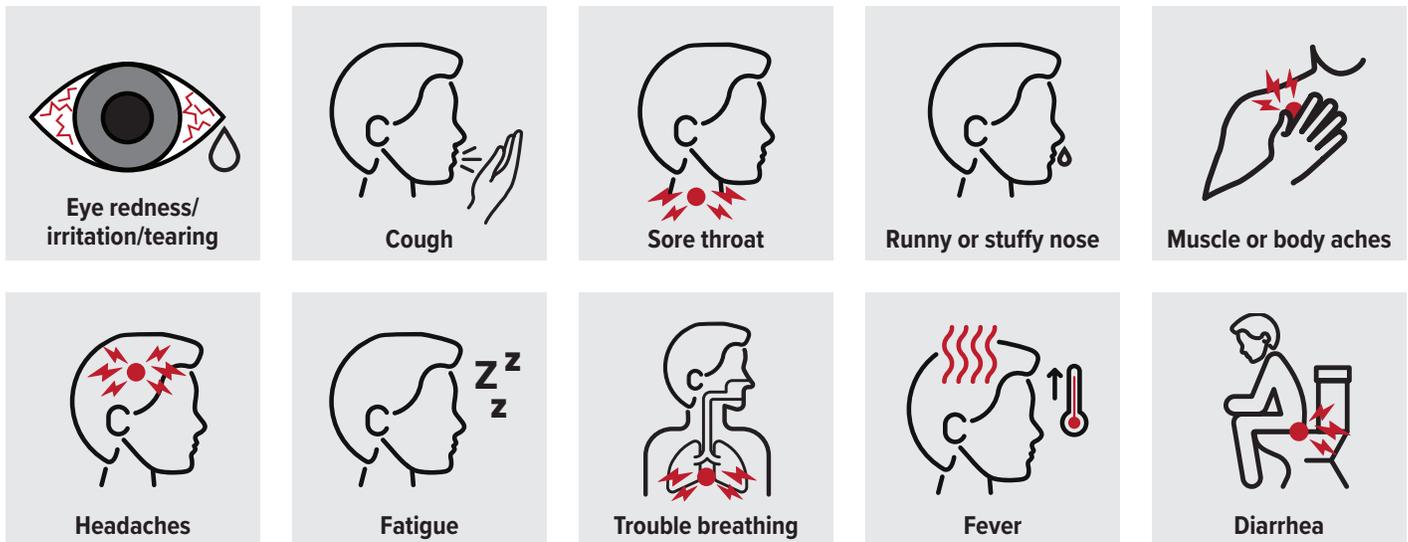




## H5N1 “Bird Flu” Guidance for Farmworkers

Avian influenza A(H5N1) is a virus. It causes what is known as avian flu or “bird flu” in birds and other animals. The bird flu virus is found in milk, feces (poop), and other bodily fluids of infected birds and other animals. People can get sick with bird flu if they have contact with infected birds and other animals, or contaminated material.

**Symptoms of bird flu can include the following. It is possible to have just one symptom – or none at all.**



### How farmworkers can protect themselves:

1. Wash your hands thoroughly throughout the day, after handling sick animals, and before eating.  
Avoid touching your face and mouth.
2. Do not drink raw milk or raw milk products.

3. Wear personal protective equipment (PPE) when you work with sick or dead birds and livestock, especially cows. Wear it when you handle milk, feces (poop), or other material that may be contaminated with the virus. PPE includes these items:



Learn more about how to use PPE correctly: [Farm Worker Protection PPE](#)



[www.cdc.gov/flu/pdf/avianflu/protect-yourself-h5n1.pdf](http://www.cdc.gov/flu/pdf/avianflu/protect-yourself-h5n1.pdf)

**What to do if someone tells you that you were exposed to bird flu:**

- Follow instructions from your local health department.
- Keep track of any symptoms you may have while working with sick or infected animals. Continue to keep track for 10 days after you stop working with these animals.

**If you start to feel sick and have symptoms of the bird flu:**

- Tell the farm owner and your local health department right away.
- Stay away from other people as best you can.
- Wear a mask.
- Call ahead before you get medical care. Let them know you were possibly exposed to bird flu.

**For questions about bird flu or how to get tested, contact your local health department:**



[www.health.ny.gov/contact/contact\\_information/](http://www.health.ny.gov/contact/contact_information/)

**Health care is available for farmworkers at:**



[www.health.ny.gov/environmental/workplace/clinic\\_network.htm](http://www.health.ny.gov/environmental/workplace/clinic_network.htm)



**Department of Health**

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Central New York Dairy, Livestock and Field Crops