



Do animals where you work have bird flu?

Bird flu spreads fast among birds and sometimes to other animals such as dairy cows. The virus can spread to people who are working with birds, cattle or other animals.

How does the virus spread?

- In sick animals, droplets or particles of their feces (manure), raw milk and saliva (spit) can contain the virus.
- The virus can enter through a person's eyes, nose, and mouth, including by breathing in tiny drops or particles in the air.
- Workers who handle raw milk, care for sick animals and/or clean their living areas are most at risk of being exposed to the virus.

How can I protect myself from the virus?

Using personal protective equipment (PPE) like: eye protection, respirators and gloves while working can help protect you from the virus.

What symptoms should I watch for?

- Eye redness or discharge (conjunctivitis)
- Cough
- Sore throat
- Runny or stuffy nose
- Diarrhea
- Vomiting
- Muscle or body aches
- Headaches
- Fatigue
- Trouble breathing
- Fever (100°F or higher)
- Pneumonia
- Seizures

How can you help?

You may be contacted by the health department to enroll in a follow up program for health checks. Responding keeps you and your fellow workers safe.

The health department may ask for:

- **Date of birth**
- **Address**
- **What you do at work and what PPE you use.**

The health department may also ask you about symptoms you may have. Your answers are private and will only be seen by the health department. You will never be asked for your social security number or for information about your immigration status. Health checks and daily symptom reporting are an important and confidential way to help us slow the spread of infectious diseases.

What if I get bird flu?

There is medicine for bird flu. Medicine can help you feel better sooner and lower your risk of getting sicker. Let your local health department know if you are sick. They can help you get tested and may be able to help you get free medicine.

How long is the follow up period?

As long as you're working with infected animals, please be on the look out for symptoms. Your local health department may check in with you while sick animals are present and for a brief period thereafter.



WHO SHOULD I CONTACT IF I HAVE SYMPTOMS?
Contact your local county health department. Scan the QR code for phone number in your county.

