


H5N1 Bird Flu Social Media Posts for Dairy Workers Dissemination Guide for Social Media and WhatsApp Platforms

NCFH has created a social media and WhatsApp post, including a graphic and messaging highlighting Avian Influenza H5N1, also known as Bird Flu. This post is intended for health centers and organizations that serve dairy workers. It educates and equips dairy workers about prevention and risks of bird flu while at work, how to identify symptoms, and how to access testing. These posts are available in English, Spanish, and will be available in the following languages soon: Nahuatl (orizaba variety), Mam (southern and northern varieties), K'iche' (central and west varieties), Mixteco (San Antonio Yodunduza Monte Verde variety), and Afrikaans!

The following table provides direct links to view and download the social media graphics. *Please note*, you can tailor these messages as needed to best fit the needs of your audiences.

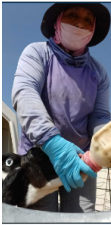
Social Media/WhatsApp Post	<p style="text-align: center;">Message to Accompany Social Media Posts</p> <p style="text-align: center;">(English, Spanish and will be available in the following languages soon: Nahuatl (orizaba variety), Mam (southern and northern varieties), K'iche' (central and west varieties), Mixteco (San Antonio Yodunduza Monte Verde variety), and Afrikaans</p>
<p>English Downloadable English Social Media Graphic</p> 	<p>English Message:</p> <p>Stay Healthy from Bird Flu, also known as avian influenza H5N1! Protect yourself, know the risks, watch for symptoms, and remember you have the right to get tested for bird flu! Access the new NCFH printed educational resource “Dairy Workers Are at Risk for H5N1 Bird Flu” for important information and recommendations on how to protect yourself from this virus at work.</p> <p>For more information or to get connected to a health center near you where you can get tested, contact Call for Health helpline at +1 (800) 377-9968 or through WhatsApp at +1 (737) 414-5121.</p> <p>*Please remember to tell the doctor or nurse that you work with animals like cows or poultry!</p>

Spanish

[Downloadable Spanish Social Media Graphic](#)

Protéjase contra la gripe aviar H5N1

¡La gripe aviar puede enfermarnos a nosotros que trabajamos con las vacas aquí en las lecherías!



Así que es importante:

- 1 ¡Estar atento a los síntomas de la gripe aviar!
- 2 ¡Hacerse una prueba inmediato si tiene síntomas!
- 3 ¡Avisarle a su médico o enfermera si trabaja con vacas o aves!



Para obtener más información acerca de la gripe aviar, busque Una Voz Para la Salud en Facebook o llame al 1-800-377-9968 o envíe un mensaje por WhatsApp al +1-737-414-5121



Spanish Message:

¡Manténgase sano contra la gripe aviar también conocida como influenza aviar H5N1!

Protéjase, conozca los riesgos, esté atento a los síntomas y recuerde que tiene derecho a hacerse la prueba de la gripe aviar. Acceda a nuestro nuevo recurso educativo impreso del NCFH [“Los trabajadores de lecherías corren el riesgo de contraer la influenza aviar H5N1”](#) para obtener información importante y recomendaciones sobre cómo protegerse de este virus en el trabajo.

Para conectarse con un centro de salud cercano donde pueda hacerse la prueba, comuníquese con la línea de ayuda de salud de NCFH, [Una Voz Para la Salud](#) al 1-800-377-9968 o envíe un mensaje por WhatsApp al 1-737-414-5121.

*¡Por favor recuerde decirle al su médico o enfermera que trabaja con animales como vacas o aves!

To receive support or if you have any questions about these resources, please contact info@ncfh.org

