



# NCFH

National Center for Farmworker Health, Inc.



## Avian Influenza H5N1 "Charla" Training for Animal Production Workers Key Points

Stay healthy!  
Protect yourself, watch for symptoms,  
and remember you have the right  
to get tested for bird flu.



You can learn more about bird flu and stay informed of new updates by opening your phone camera over the square QR codes below:

**Educational flyers for dairy workers (NCFH)**



**Avian Influenza (CDC)**



# What I Learned Today...

Bird flu or avian influenza H5N1 is a very contagious virus that normally makes birds sick. Recently, the virus has started to make cows and people sick. People who work with cows are at higher risk of getting sick from bird flu.



## Ways I can get infected with bird flu

Direct contact	Indirect contact	Through the air (Air droplets)
When you touch a sick or infected animal or their fluids like milk, urine, or feces.	When you touch a contaminated area or object like a milking machine or manure shovel.	<ul style="list-style-type: none"> <li>When you breathe in the virus present in the air when working near infected or sick animals.</li> <li>When you are working near the animals or working indoors with animals.</li> </ul>

## Symptoms I should watch for if I've been exposed to an infected animal

- Red or swollen eyes
- Fever (temperature of 100° F or 37.8° C or more)
- Chills
- Stomach and body pain
- Cough
- Runny or stuffy nose
- Difficulty breathing
- Diarrhea, nausea, vomiting, or seizures



## How to seek care if I show any of these symptoms

- If you have any of these symptoms, visit a health center or clinic, or a hospital if there are no other health care options in your area.
- Remember to tell the doctor you work with animals like cows or poultry!
- To get connected to a health center or clinic near you where you can get tested, contact NCFH's Call for Health Helpline at 1-800-377-9968 or send a message on WhatsApp at 1-737-414-5121



To learn more about the avian flu H5N1, visit the Centers for Disease Control and Prevention (CDC) website.



## Things I can do to protect myself and those around me



- Wash my hands frequently with soap and water or use using alcohol-based hand sanitizer.
- Wear Personal Protective Equipment (PPE) (Waterproof overalls and aprons, rubber boots, head cover, goggles, N-95 respirator, gloves, and face shield)
- Clean and disinfect my PPE
- Avoid raw milk products such as some artisanal cheeses that have not been pasteurized (or heated enough).
- Get vaccinated with the seasonal flu vaccine every year. Even though it will not keep me from getting bird flu, it will reduce the risk of getting very sick with common human flu.

