



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)



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select double-sided print on the long edge
and in horizontal position.

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">When you breathe in the virus present in the air when working near infected or sick animals.When you are working near sick or infected animals or in closed spaces with these animals.

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) if I work in milking parlors or with other farm animals on a farm affected by bird flu. PPE includes 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.

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 or body pain
- Cough
- Runny or stuffy nose
- Difficulty breathing
- Diarrhea, nausea, vomiting, or seizures



How to seek care if have worked near animals or people who are sick or infected with bird flu:

- If you have any of these symptoms or do not have any symptoms but was not able to use the recommended PPE, visit a health department, 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 department, 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.

