



Avian Influenza H5N1 "Charla" Training for Animal Production Workers

November 2024

Last updated 12/16/2024





How to Use This Flip Chart

- Review the flip chart content before your presentation to get familiar with it. Additional resources to support animal production worker participants are listed at the end.
- The flipchart includes key talking points (*italicized*), which you can read directly as a script or study to aid your presentation. The flipchart includes key talking points (in bold letters), which you can read directly as a script or study to aid your presentation.
- It also includes directions (**bolded**) to guide you through the content.
- One side of the flip chart will include images only, which the audience will view. The side with the images should always be facing the audience.
- The reverse side includes facilitator notes with key talking points to be presented to the audience. The side with these notes should always be facing you, the facilitator.
- The length of this training will be approximately 45 minutes.
- This training includes optional group activities and demonstrations.
- Make sure you prepare the following materials before the training:

Activity 1 (page 17):

- Ground pepper
- Bowl or cup of water
- Dish or hand soap

Activity 2 (pages 19 and 21) on personal protective equipment (PPE):

- Waterproof overalls or aprons
- Rubber boots or boot covers
- N95 respirators
- Head or hair coverings
- Safety glasses, goggles, or face shields
- Gloves

This training will begin with a story. Read or share the story about Ana and Gustavo (or you and a coworker can act it out!). The purpose of it is to set up the training. Encourage participant discussion and refer to it throughout the session.

Additional Considerations

- If participants cannot attend a 45–60-minute session, consider splitting the content into two parts: cover sections 1 to 8 on one day and sections 9 to 16 on another day.
- If any participants have been sick with avian flu, you could ask them to share their personal experiences if they are comfortable doing so. In that case, skip the story about Ana and Gustavo in section 1.
- Continue to incorporate and build on participants' experiences throughout the talk.





Greet participants and explain that today's main topic will be bird flu or Influenza H5N1.

Ask participants: What do you know about bird flu or influenza H5N1? Have you heard of it? (Wait briefly for responses to gauge their understanding of the topic.)

Continue with content:

This training will help you learn:1) The symptoms of bird flu in animals and people,2) how to protect yourself from bird flu, and 3) what to do if you get sick.

Before we talk a little more about it, I am going to tell a story:

Ana and Gustavo worked on a dairy farm. Ana fed the animals outside, and Gustavo milked cows inside the dairy farm. They both were very hard workers and loved working with animals.

One day at work, Gustavo started to feel unwell, but he thought the cough and runny nose were just symptoms of a cold. He noticed some cows were moving slowly and were less active than normal but didn't make much of it and kept working. The next day, his symptoms worsened, and one of his eyes became swollen and red. His supervisor noticed he wasn't feeling well, so he recommended that he look for medical care. Ana was very concerned, too, so she called the community health worker who visits their worksite every month to help him get to the closest health center. Once Gustavo arrived at the health center, they recommended testing because they learned he worked with animals.

They told Gustavo that a bird flu virus called "H5N1" was affecting workers on dairy farms, as well as poultry farms, and the tests would help confirm if he had the virus. With the test results, health officials confirmed Gustavo had caught bird flu, probably at work. When the farm owners learned about Gustavo's condition, they called the veterinarian to check on the farm animals. They also purchased new personal protective equipment (PPE) for all workers, such as gloves, aprons, boots, goggles, respirators, and face shields. They also started monitoring other workers to make sure no one else was sick with the bird flu and invited the community health worker back to help facilitate training on handwashing, PPE use, and how to keep workers and their families safe from the bird flu!

Ask participants: What happened in the story? Is it possible to get sick from animals?

What did Gustavo and his employer learn? (Wait briefly for responses).

Explain to participants that throughout this *charla*, you will refer to this story as you discuss bird flu. They will learn important information to help prevent bird flu and stay healthy!

Welcome!







What is Bird Flu?

We heard about bird flu in the previous story. Let's start by learning what it is.

- Bird flu is also known as avian influenza; H5N1 is a specific type of bird flu.
- Bird flu is a virus that normally makes birds sick and is very contagious among birds.
- There are many different types of bird flu viruses. H5N1 is the main type of bird flu virus that is present in the U.S. right now.
- Recently, the virus has started making cows and people sick, not only birds.
- About half of the people infected with avian flu in other countries have died. That data may be lower because some people who were infected were not reported.
- In the United States, no one has died from bird flu yet, but

scientists don't fully understand why it has been different here in the United States than in other countries.

- Bird flu causes many of the same symptoms in people as the regular seasonal flu, but it has the potential to make us sicker because our immune systems, which means that fight infections are not used to it yet.
- The information you will learn from this training might change as we learn more about bird flu.

What is Bird Flu?





What is a Virus?

So, we just learned that bird flu is a virus, but what is a virus? (Allow for responses)

- Viruses are tiny germs that can make animals and people sick.
- Viruses can change, which means they can start affecting different animals or start affecting people or change in how they affect animals or people.
- When viruses change, they can cause different symptoms or become more dangerous.
- One way viruses can change is when an animal or human gets infected with two or more different types of viruses. Then, these mix with each other and change into a different kind of virus.
 - Example: What happens if you plant a row of white corn and row of blue corn next to each other? What will you harvest?
 (Allow for responses.) Yes, the new corn will be a mix of blue and white kernels. This is similar to what happens when viruses mix, they can change when combining two different types of viruses.
- These changes can make it easier for viruses to spread and cause illness in new places or in new species, such as humans. H5N1 bird flu started in birds in other countries and now it is affecting birds and cows and sometimes people in the United States!

Ask participants: What viruses do you know about? Elicit responses and add a few examples as needed (COVID-19, flu, common cold, chickenpox, etc.)

What is a Virus?







How Do Animals and People Share Diseases?

You know about many human viruses. But did you know that people can get sick with some of the same viruses as animals? What are some ways that can happen? (Allow for responses).

The answer is yes. This is how:

- Animals like cows and pigs can get some of the same diseases as people.
- Viruses can be spread from animals to people:
 - By direct contact, like when you touch a sick animal or their urine, feces, milk, or other bodily fluids. It can also happen when you get bitten or scratched by an infected bugs with the virus or germ like ticks, fleas, or mosquitoes.
 - By indirect contact, when you touch a contaminated area or object like a milking machine or manure shovel that is near infected animals.
- Lastly, viruses can also spread through the air (air droplets), when you breath in germs from sick animals when not using a mask, when you are working near the animals or working indoors with animals.
- Older people, young children, pregnant women and those who are already sick or have health problems are more likely to get sick with viruses because their bodies have a harder time fighting them off.
 This is why it's important to take steps to protect yourself from diseases. Specifically for bird flu, washing your hands frequently, cleaning the tools and equipment you use for work, and wearing personal protective equipment is very important. We will learn more about this later!

How Do Animals and People Share Diseases?



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How Do We Know If an Animal Has Bird Flu?

So now we know that we can get sick from animals. But how can we know when an animal is sick? (Allow for responses).

Bird flu can affect animals like birds, cats, and cows. When these animals are infected with this bird flu, they can experience different symptoms. Here are a few things to look out for:

- Birds can die suddenly, stop eating, lay fewer eggs, have a runny nose, cough, or diarrhea, and show signs of swelling around their head, neck, eyes, or legs and have trouble moving. Birds, just like Gustavo, can also get swollen eyes!
- **Cats** can die suddenly, stop eating, have a fever, get red or swollen eyes, become blind, have seizures, show signs of depression (feeling down), have trouble breathing, and may not be able to walk.
- **Cows** can produce less milk and milk that looks different than usual; they can also eat less, have trouble breathing, have a runny nose and a low-grade fever, and move slower.

How Do We Know if An Animal Has Bird Flu?





How Can We Get Bird Flu from Cows?

In the story, Gustavo probably got sick while milking cows. But how did he get sick? How can we get bird flu from cows? (Allow for responses.)

- Well, we do not know all the ways that bird flu may spread from cows to humans, but we do know that sick or infected cows can release large amounts of virus in their milk, and getting milk in your eyes, nose, or mouth is one way people can get sick.
- Cows may also spread the virus through their spit or nasal fluids, and other bodily fluids, though this doesn't seem common.
- These fluids can get on different surfaces, such as tools, or equipment you work with, which can also infect you with the virus.

Scientists and doctors are learning more about the bird flu and how it affects cows and people every day. Information will probably change

as we learn more, so it's important to keep up with the latest updates on bird flu.

How Can We Get Bird Flu from Cows?







Bird Flu Symptoms in People

You may or may not know if you are working with animals that are sick with the bird flu, but if you feel sick, it's important to seek medical care if you have any of these symptoms:

- 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

Bird Flu Symptoms in People





How To Protect Yourself from Bird Flu?

As we discussed before, you may think that something you touch is clean because it may look clean, but the truth is that we can't see germs like viruses. For example, cows can have the bird flu virus in their milk, and even though we can't see the virus, if that milk splashes on your hands, face, or tools, the germs can spread quickly and make you sick.

In the next activity, we will use water to represent milk and pepper to show germs and you'll see how keeping your hands clean can protect you from viruses!

GROUP ACTIVITY [Prepare before the session]: Materials:

- Pepper (to simulate germs)
- Bowl of water (represents the surface of our skin)
- Soap (to show how it breaks down germs)

Steps:

1. Prepare the demonstration:

- Fill a bowl with water to represent the surface of our skin.
- Sprinkle a generous amount of pepper on top of the water.
- This pepper acts as the germs on our skin.

2. Show how germs transfer:

- Ask participants to dip a clean fingertip into the bowl of water with pepper (germs) on it.
- Observe how the pepper sticks to the finger, simulating how germs cling to our hands without washing.
- 3. Show how handwashing and using alcohol-based hand sanitizer can protect us from germs:
 - Dip a clean fingertip into the soap and cover it well.
 - Put the soapy fingertip into the bowl of water with pepper.
 - Watch as the pepper (which represents germs) moves away from the

soapy finger. This shows how soap breaks down germs and stops them from sticking.

• Video for reference: https://www.youtube.com/watch?v=_KirHm_sYfl

You saw how the pepper stuck to our fingers, like germs stick to our hands. When we used soap, the pepper moved away, showing how keeping our hands clean helps get rid of germs. Remember, it's very important to follow these recommendations to protect yourself from bird flu.

- Wash your hands very often at work, especially before eating, drinking, touching your face, or using the phone.
- You can use alcohol-based hand sanitizer if you can't wash your hands.
- It is important to not touch your eyes, nose, or mouth with dirty hands or gloves.

How to Protect Yourself from Bird Flu?





Personal Protective Equipment (PPE) Recommendations

*OPTIONAL ACTIVITY: Materials:

- Personal Protective Equipment (PPE):
 - Waterproof overalls or aprons
 - Rubber boots or boot covers
 - N95 Respirator

- Head or hair coverings
- Safety glasses, goggles, or face shields
- Gloves

Instructions:

• If PPE is available, ask a volunteer to stand up and help put on the PPE correctly as you explain each. If PPE is not available, refer to the images in the flipchart and explain the different types of PPE. Mimic the correct order to put it on and how to use it properly.

Explain: Scientists recommend wearing personal protective equipment (PPE) to protect ourselves from bird flu and other diseases while working with animals that are sick or might be sick. What personal protective equipment (PPE) do you usually wear for work? **(Allow for responses).**

To protect yourself from bird flu, you need to wear the recommended PPE, especially if you are at high or medium risk of getting infected. This means that you:

- Work in milking parlors on farms with animals that might be infected or sick with avian flu.
- Are exposed to sick or dead animals on a farm affected by bird flu.
- Work with animals that look healthy and are not producing milk on farms affected or close to farms affected by bird flu.

If your work doesn't involve direct contact with animals or you don't have contact with animals that might be affected by bird flu, you don't need to use all the recommended PPE, but you may still need to use some of the PPE for the work you do.

We will review the PPE and how to use it correctly; otherwise, it won't protect us. If your employer doesn't provide you with PPE, we can help you request PPE for free.

- overalls or aprons that keep you dry,
- rubber boots or boot covers,
- "N-95" masks that completely cover your mouth and nose. These are also called respirators and usually have an "N-95" printed on them.

And if there's a chance that you could come in contact with droplets of milk, you should wear:

- safety glasses or goggles or face shields whenever possible,
- head or hair coverings,
- and don't forget to wear gloves that don't have holes and keep your hands dry.

Explain to workers that their employer should provide a well-fitted respirator.
 Emphasize that facial hair or beards can make it difficult to seal the respirator properly, so shaving is recommended.

3. For additional information on how to properly put on a respirator, check the following video link: https://www.youtube.com/watch?v=Tzpz5fko-fg

Personal Protective Equipment (PPE) Recommendations



Image Source: CDC



How to Clean and Remove our PPE

***OPTIONAL ACTIVITY:**

Materials: Same PPE used in the previous activity.

Instructions: If PPE is available, ask the volunteer to follow your instructions on how to remove it correctly.

Explain: Germs can stay on our PPE just like the pepper stuck to our hands in the previous activity, so we must clean it after work. Here are some recommendations for cleaning personal protective equipment (PPE) after work:

- Remove PPE before entering clean areas such as restrooms or break rooms.
- Dispose of all disposable PPE properly
- Set aside all reusable PPE for cleaning after each use:
 - 1. Rinse boot covers or boots and apron
 - 2. Remove boot covers or boots and apron
 - 3.Remove overalls
 - 4. *Remove disposable gloves*
 - 5. Wash your hands with soap and water or, if soap and water are not available, use an alcohol-based hand rub
 - 6. Remove face shield
 - 7. Remove headcover or hair cover

Remove goggles Remove N-95 respirator

10. Wash your hands again with soap and water or, if soap and water are not available, use an alcohol-based hand rub

After removing PPE:

- Clean and disinfect reusable PPE.
- If possible, shower at work after your shift and put on clean clothing or shower as soon as you get home.
- Wash all dirty clothes.
- Leave all equipment at work and clean it before you use it again.

How to Clean and Remove our PPE



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How To Protect Yourself from Bird Flu?

And finally,

- DO NOT drink raw milk or eat products made with raw milk, like some cheeses.
- Raw milk is milk that is not pasteurized, meaning that it hasn't been heated enough to kill germs.

Some people consume raw milk or raw milk products, but as we learned previously, the bird flu virus is present in the body fluids of infected cows, especially their milk.

How To Protect Yourself from Bird Flu?







Why Vaccines Are Important to Fight Viruses

What about vaccines? You may remember from the COVID-19 pandemic why vaccines are important, but let's review some important facts:

- Vaccines are important because they help protect us us and the people we care about like our family and coworkers from getting very sick from viruses.
- When you get a vaccine, it teaches your body how to recognize
- the virus, so it knows how to fight it off more quickly.
 This way, if you're exposed to the virus later, your body already knows how to start fighting the virus before it can make you very sick.
- Vaccines help keep people healthy and out of the hospital and can help slow down the spread of diseases. They protect the people who are more at risk, like young children, pregnant women, and the elderly. Vaccine's may not stop you from getting

sick completely, but bécause your body has been trained in how to fight the virus, your symptoms aren't as bad and won't last as long.

For example, imagine you're watching two people about to start a horse race. Both of their horses are healthy, but one of them has a horse who knows the track and has run on it before and one of them has a horse that has never been on the track. Who has a better chance of winning the race? (Allow for responses.) Just like the horse that has been on the track before, vaccines help your body know how to fight the virus better.

Why Vaccines Are Important to Fight Viruses



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Getting the Seasonal Flu Vaccine Every Year

So, getting vaccinated every year is important to stay healthy.

- Getting a seasonal flu vaccine every year is recommended.
- It won't keep you from getting sick with bird flu, but it does reduce the risk of getting very sick with common human flu.
- Getting vaccinated for human flu also helps keep your family, coworkers, and your community safe! As we learned earlier, when two different viruses mix in a human or animal, there's a chance they can change and become more dangerous. Remember, protecting yourself helps protect everyone around you from dangerous viruses!
- So, it's a good idea to get vaccinated every year.
 - Right now there is no vaccine for bird flu, but it's important to make sure you're protected with other vaccines available such as the seasonal flu and COVID-19.

Getting the Seasonal Flu Vaccine Every Year







Getting Tested for Bird Flu

You may wonder what to do if you get sick with symptoms of bird flu. Do you remember what Gustavo did in the story? (Allow for responses). Yes! he got tested.

If you show any of the bird flu symptoms, it's important to go to the health department, a health center or clinic, or to a hospital if there are no other health care options in your area, to be tested for bird flu.

Even if you don't have symptoms, you can get tested for free if you have been around sick or infected animals or people and were not able to use all of the recommended PPE.

- When you go to get tested:
 - Your doctor or nurse can check if you have the flu by using a cotton swab in your throat, nose, or eyes.
 - If you have flu, they may need to do another test. Your doctor can give you medicine to help with your symptoms if you have any type of flu.
 - If your test results come back showing that you have bird flu, your doctor or nurse will give you more information about the next steps, which may include staying home from work and gatherings until your

symptoms are gone.

Health departments offer these tests for free, but you may have to cover the cost of your medicine. If you do not have health insurance, you can ask your health center or local pharmacy for discounts to help you cover the cost.

Please remember to tell the doctor or nurse that you work with animals like cows or poultry! Let's repeat this all together: "I must tell the doctor or nurse that I work with animals." This will help them identify why you are sick!

If you have trouble breathing, feel dizzy or confused, or your symptoms go away and come back, call 911 or go to your nearest emergency room.

Getting Tested for Bird Flu



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Key Takeaways & Discussion

Note for the facilitator: This section aims to review the session's key points and identify barriers that may hinder participants from applying the new information. Physical barriers may include lack of access to PPE, hand washing stations, running water, soap, or having to work long hours. Personal beliefs and habits like vaccine hesitation, reluctance to wear PPE, etc.

Please feel free to tailor the questions and conversation to the group's challenges and interests to better support participants as you discuss with them.

Say: We covered a lot of information. Let's do a recap! What are the key takeaways from this session? **(Allow for responses) Add as needed:**

- Stay alert on bird flu symptoms in animals and people
- Wash your hands frequently with soap and water or use alcoholbased hand sanitizer
- Wear the recommended PPE
- Clean and disinfect your PPE, as appropriate
- Getting vaccinated with the seasonal flu vaccine every year is recommended, it won't keep you from getting sick with bird flu, but it does reduce the risk of getting very sick with common human flu.
 If you feel unwell, visit a clinic and tell the doctor you work with animals

Discuss with participants:

- How can you use this information?
- What difficulties or challenges might stop you from using this information at work or in your personal life?
- What solutions can you think of to overcome these challenges?
- What will you do in the next two weeks to protect yourself and others from illnesses like bird flu.

Discussion





Thank participants for their attention and distribute the accompanying handout to all participants. Say: We're glad you participated in the Avian Influenza H5N1 "Charla" Training for Animal Production Workers! This training is important for keeping you and those around you healthy. This handout will help you remember the key points and will show you where to find additional support to seek care for testing or treatment.



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

To get connected to a health center 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 bird flu visit Center for Disease Control and

Prevention (CDC) webpage.

Additional Resources

Open your phone camera over the squared QR code and scan to access additional resources and information:

Avian Influenza (CDC)

Educational flyers for dairy workers (NCFH)







