

# Protect Yourself from Bird Flu when Working with Sick Dairy Cows

**Bird flu can spread from animals like dairy cows and poultry to people and make you sick.**

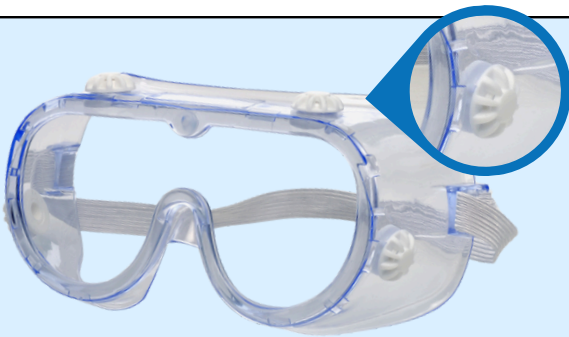


- The virus can be in raw milk, animal fluids, or on surfaces.
- It can spread through splashes, dusts or droplets in the air. These can get in the eyes, nose, mouth, and lungs.
- It can also spread if you touch something contaminated with the virus and touch your eyes, nose, or mouth.

## **Protect your eyes, nose, and mouth.**

Wear personal protective equipment (PPE) when doing high-risk jobs such as:

- Milking cows, handling raw milk, or cleaning the milking parlor.
- Caring for sick cows or cleaning their pens.
- Handling dead cows or cleaning their pens.



### **Wear goggles**

(indirect ventilation goggles that help to keep liquids like raw milk from getting into your eyes).

**You can also wear a face shield over the top of your goggles. It's optional but can protect you from splashes and keep your face mask dry.**

### **Wear an N95 respirator**

These masks usually have “N95” printed on them. Other masks may not protect you from this virus as much but are still better than wearing no mask.





**Wear gloves and don't touch your face.**

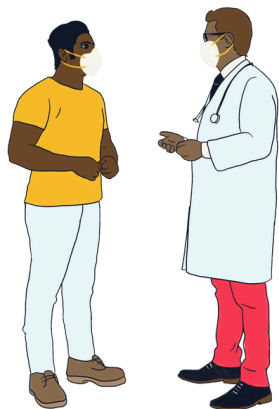
**Wash hands often while working.**

You can use alcohol-based hand sanitizer if you can't wash your hands with soap and water.

Before going home, wash your hands and face.



The PPE you need should be provided by your employer free of charge or you can also reach out to your local health department. Remember that the type PPE you need to wear to stay safe depends on the job you do on the dairy farm.



If you begin to have flu-like symptoms, including eye redness or discharge, fever, chills, or stomach or body pain, it's important to reach out to your local health department or health center to get tested for bird flu and get treatment to prevent serious symptoms.

If you do not have health insurance, you can ask your local health center, health department, or pharmacy for any discounts to help you cover the cost of the treatments.

To get connected to a health department or health center near you, you can contact the National Center for Farmworker Health

Call for Health Helpline at

1 (800) 377-9968 or through WhatsApp +1 (737) 999-4162

or visit NACCHO's Directory of Local Health Departments:

<https://www.naccho.org/membership/lhd-directory>



For more information about bird flu and worker health and safety in California, access these resources:

- California Department of Public Health's (CDPH) Bird Flu webpage: [go.cdph.ca.gov/birdflu](https://go.cdph.ca.gov/birdflu)
- Questions: Hazard Evaluation System and Information Service (HESIS)  
Workplace Hazard Helpline: (866) 282-5516