

H5N1 AVIAN INFLUENZA VIRUS GUIDANCE FOR FARM WORKERS

H5N1 is a virus that causes what is known as the “bird flu.” People can get sick with bird flu when they come into contact with infected birds, poultry, or other animals, or contact with contaminated objects or environments from an infected animal.



Symptoms of H5N1 avian influenza can include:

- Eye inflammation or redness (conjunctivitis)
- Fever
- Cough
- Shortness of breath
- Sore throat
- Runny nose
- Sneezing
- Headaches
- Nausea
- Vomiting
- Diarrhea
- Muscle aches
- Fatigue
- Seizures
- Rash

How farm workers can protect themselves:

- 1** Wear protective clothing when working directly with sick or dead animals, feces, litter, or milk.



- 2** Wash your hands with soap and water throughout the day and before eating. Avoid touching your eyes, nose, and mouth.



- 3** Do not drink raw or unpasteurized milk. You could get sick from drinking raw or unpasteurized milk from sick cows.



What to do if you are exposed or feel sick:

If you were exposed to the H5N1 avian influenza virus, you should:

- Notify public health to assist you with monitoring, testing, and treatment if sick
- Follow your local health department’s guidance on monitoring for any signs or symptoms
- Isolate away from other people if you feel sick to prevent the spread of germs

For questions about H5N1 or about how to get tested:

Please contact your local health department or the Communicable Disease Branch Epi On-Call at 919-733-3419

