

AVIAN INFLUENZA

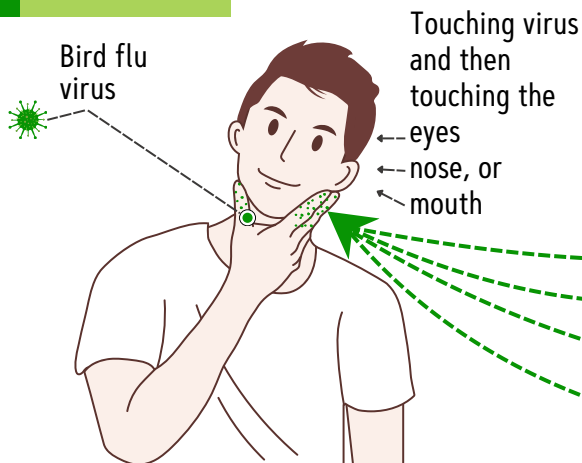
Guidance for Dairy Workers

CAN PEOPLE CATCH AVIAN INFLUENZA (BIRD FLU)?

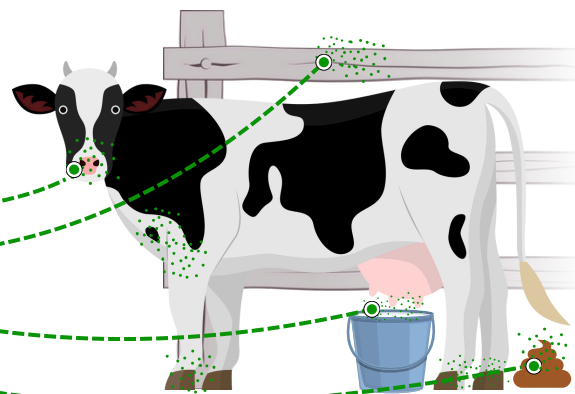
Avian influenza (AI) viruses, also known as bird flu, usually do not infect people, but there have been some cases of human infection. This virus is typically found in birds, but has also been found in cattle and other animals.

HOW DOES AI SPREAD?

1 Direct Contact




2 Contaminated Surfaces



SYMPTOMS TO WATCH FOR

- Runny or stuffy nose
- Fatigue
- Cough
- Sore throat
- Headaches
- Diarrhea
- Nausea
- Eye tearing, redness, or irritation (conjunctivitis)
- Fever (Temperature of 100°F [37.8°C] or greater) or chills
- Difficulty breathing/shortness of breath (**call 911**)

GET IN TOUCH

402-552-3394
go.unmc.edu/cs-cash/cs-cash-contact
 go.unmc.edu/cs-cash

UNMC College of Public Health
 984388 Nebraska Medical Center
 Omaha, NE 68198-4388



@unmccscash

HOW TO PREVENT INFECTION

- Wear appropriate PPE
- Be careful about personal sanitation
- Get your annual flu shot
- Know what to do if you are exposed to a sick animal
- **Do not drink unpasteurized milk**

WHAT TO DO IF AI HAS BEEN FOUND IN THE DAIRY HERD

PPE - PERSONAL PROTECTIVE EQUIPMENT

- **Gloves:** disposable nitrile or neoprene gloves that can be disinfected
- **Face shield:** that can be disinfected
- **Respirators:** respiratory protection (example: N95 respirator)
- **Eye protection:** properly fitted unvented or indirectly vented safety goggles
- **Foot protection:** disposable covering or boots that can be disinfected
- **Protective clothing:** fluid resistant disposable coveralls or coveralls that can be disinfected
- **Head protection:** disposable head cover or hair cover



PERSONAL SANITATION

- Follow your farm's biosecurity practices.
- Use proper PPE (gloves, respiratory protection, and eye protection).
- Avoid touching your mouth, nose, eyes, phone, food, or other objects after contact with animals.
- Wash your hands with warm water and soap after touching animals or surfaces.
- Never wear work clothes home.

ANNUAL FLU SHOT

Everyone 6 months and older is recommended to get a seasonal flu vaccine every year. Seasonal flu vaccination will not prevent infection with avian influenza, but can reduce the risk of getting sick with human and bird flu viruses at the same time.

EXPOSURE TO INFECTED ANIMALS

People working with infected animals should monitor for symptoms. If symptoms are present, notify your healthcare provider and veterinarian. Follow all instructions given to you by your manager.

HOW TO PREVENT INFECTION

Scan the QR code with your smartphone or click the link below.



CDC:
Protect Yourself from H5N1
when Working with Farm Animals



CDC:
Prevention & Antiviral Treatment
of Bird Flu Viruses in People

Although it is rare for humans to get sick from bird flu, you should know how to monitor your health when working around sick animals.