



Avian Influenza/Bird Flu: Preventing the Spread to Dairy Workers



Avian Influenza, also known as Bird Flu, is a sickness caused by viruses that spread easily among infected animals. It can spread through manure, spit, snot, and raw (unpasteurized) milk. The virus can be spread by animals, animal products, vehicles and equipment, and people (touching surfaces, other animals, themselves). Preventing the spread of the virus is key to maintaining healthy animals, milk production, and the health and safety of workers. Most people don't need to worry about getting Bird Flu, but people who work with or are around infected animals are more likely to be exposed. If you're around infected animals, you can take precautions to protect yourself.

Enhanced biosecurity measures help prevent the spread of Bird Flu among animals and workers.




Focus on Personal Sanitation

Anyone who works with or around cattle should wash their hands regularly, especially:

- Before eating, smoking, and touching your face
- Before leaving work areas (including breaks)
- Before and after wearing PPE
- Before and after going to the bathroom

Workers should wear clothes and boots dedicated to only farm use, or put clean protective gear over their clothes and shoes. Leave dirty clothes at the dairy to be washed, or put them in a trash bag or container that can be closed until they can be washed somewhere else. Leave boots at the dairy or clean and sanitize them before leaving.

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Focus on Personal Protective Equipment (PPE)

PPE is recommended while working with lactating cows to prevent exposure to large droplets.

Basic PPE can help prevent the spread of viruses from large droplets.



Protective clothing a waterproof apron.



Foot protection such as disposable coverings or boots that can be disinfected.



Eye protection such as safety goggles/glasses or a face shield.



Gloves such as disposable nitrile gloves.

- Consider outer work gloves that can be sanitized to protect the disposable gloves.



A **surgical mask**.

When should I add more protection?

When working with sick animals on the farm, but the illness is not confirmed...



Protective clothing like fluid resistant coveralls.

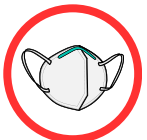


Head protection: disposable or washable head or hair cover.

Increase biosecurity measures like personal sanitation, and follow instructions given to you by your supervisor.

When Bird Flu is confirmed on the farm, and you are working with...

- Lactating cows such as in the hospital pen or milking parlor
- Sick or dead animals on a farm
- Aerosols from a medical procedure (for example, intubation)



Respiratory protection: a NIOSH-approved N95 disposable particulate respirator adds more protection.

