



# Avian Influenza/Bird Flu: Dairy Worker Exposure & Prevention



## Can people catch Avian Influenza/Bird Flu?

Bird Flu viruses can make people sick, but so far only a few cases of illness are known. When people do get sick from Bird Flu, it can be anything from hardly noticeable symptoms to getting very sick, and there have been a few cases of people dying. The virus is usually found in birds, but has also recently infected cattle, rodents, domestic cats, and other animals.

## How does Bird Flu spread?


Animals with the virus spread it through their 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.

## What are the symptoms?

- Fever (Temperature of 100°F [37.8°C] or greater) or feeling feverish/chills
- Cough
- Sore throat
- Difficulty breathing/shortness of breath
- Eye tearing, redness, or irritation
- Headaches
- Runny or stuffy nose
- Muscle or body aches
- Diarrhea

**See the other side to learn how you can prevent the spread of Bird Flu**



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



# How do I prevent the spread of Bird Flu?



## Get your annual flu shot

- **Everyone 6 months and older is recommended to get a seasonal flu vaccine every year.** Those who may have exposure to sick animals should especially get a seasonal flu vaccine. By controlling the seasonal flu, we can lower the chances of people getting both the seasonal flu and Bird Flu at the same time.



## 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 (including breaks)
  - Before and after wearing PPE
  - After going to the bathroom
- Change your clothes before contact with healthy livestock. Then, throw away disposable PPE (like gloves), and wash your hands with soap and water.
- Never wear work clothes home.



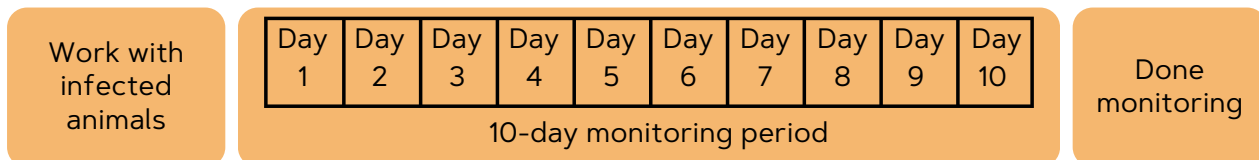
## Focus on PPE

- The PPE used may be different across tasks. Generally, the following PPE can be used to prevent the spread of the virus:
  - **Head protection:** disposable or washable head or hair cover
  - **Eye/Face protection:** face shield or safety goggles/glasses
  - **Protective clothing:** fluid resistant disposable bib or coveralls, or coveralls that can be disinfected
  - **Gloves:** disposable nitrile gloves that can be disinfected
  - **Foot protection:** disposable coverings or boots that can be disinfected
  - **Respiratory protection:** fitted N95, if working directly with sick animals



## Know what to do if you are exposed to a sick animal

- People working with sick animals should be monitored for illness during their work and for 10 days after their last possible exposure to infected animals or potentially contaminated environments, even if exposure to the sick animals was minimal or if PPE was worn.



- Follow all instructions given to you by your supervisor. After your work has concluded, you (and your resident state/local health department) will be responsible for illness monitoring.