



Avian Influenza/Bird Flu: Poultry Worker Exposure & Prevention



 University of Nebraska
Medical Center

Can people catch Avian Influenza/Bird Flu?

Bird Flu viruses usually don't make people sick, but some people do get sick from Bird Flu. The symptoms are similar to seasonal flu, which can be serious.


How does Bird Flu spread?

Birds with the virus spread it through their spit, snot, and manure. People can get sick from Bird Flu if the virus gets into their eyes, nose, or mouth, or if they breathe it in. This can happen if the virus is in the air (in tiny droplets or dust) and someone breathes it, or if they touch something with the virus on it and then touch their mouth, eyes, or nose.

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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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

- Avoid touching your mouth, nose, or eyes after contact with birds or surfaces that may be contaminated with bird spit, snot, or manure.
- Wash your hands with soap and water after touching birds.
- Change your clothes before contact with healthy domestic poultry and after handling wild birds. Then, throw away the gloves and facemask, and wash your hands with soap and water.
- Never wear work clothes home.



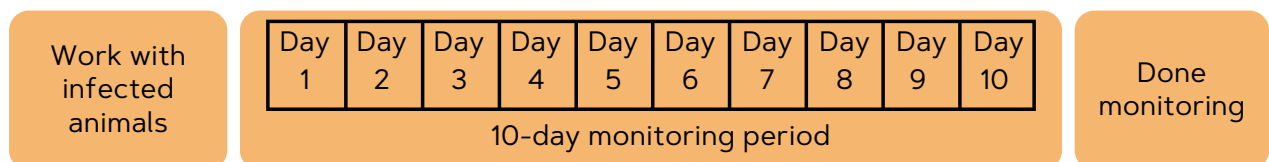
Focus on PPE

- Different PPE is needed for different 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:** properly fitted unvented or indirectly vented safety goggles
 - **Protective clothing:** fluid resistant disposable 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.