

AVIAN INFLUENZA

WORKER EXPOSURES & PREVENTION



AgHealth
Central States
Center for Agricultural
Safety and Health

University of Nebraska
Medical Center™

CAN PEOPLE CATCH AVIAN INFLUENZA?

Avian influenza (AI) viruses usually do not infect people, but there have been some cases of human infection. Illness in humans from bird flu virus infections can range in severity from no symptoms or mild illness to severe disease that results in death.

HOW DOES AI SPREAD?

Infected birds shed the virus through their saliva, nasal discharge, and feces. Human infections with AI can happen when virus gets into a person's eyes, nose or mouth, or is inhaled. This can happen when virus is in the air (in droplets or possibly dust) and a person breathes it in, or possibly when a person touches something that has virus on it then touches their mouth, eyes, or nose.

HOW TO PREVENT TRANSMISSION

- Wear appropriate PPE (see our [Avian Influenza PPE flyer!](#))
- Take precautions regarding airborne particles ([learn more](#))
- Be diligent about personal sanitation
- Get your annual flu shot
- Know what to do if you are exposed to a sick bird



CS-CASH:
Avian Influenza
PPE Guidelines



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



CS-CASH:
Dander & Particles in
the Air Information Sheet

Scan QR codes using your smart phone's camera to access the links.

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

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PERSONAL SANITATION

- Use proper PPE (gloves, respiratory protection, and eye protection).
- Avoid touching your mouth, nose, or eyes after contact with birds or surfaces that may be contaminated with saliva, nasal discharge, or fecal droppings.
- 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.

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 birds should especially get a seasonal flu vaccine.

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 A SICK BIRD

People participating in AI outbreak response efforts should be monitored for illness during their work and for 10 days after their last possible exposure to infected birds or potentially contaminated environments, even if exposure to the sick birds was minimal or if PPE was worn.

Work with
infected birds

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
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10-day monitoring period

Done
monitoring

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

SYMPTOMS TO MONITOR FOR:

- 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

Learn more about what to do in case of potential avian influenza exposure:



CDC: Self-Observation for Illness for Responders to Poultry Outbreaks of Avian Influenza

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