

H5N1 BIRD FLU

Information for farmers and people who work with poultry and dairy cows



WHAT IS H5N1 BIRD FLU?

H5N1 bird flu is a type of avian influenza that spreads among wild birds and sometimes causes outbreaks in dairy cows and poultry (chickens, geese, turkeys, etc.). It can cause serious illness or death in some animals, like chickens and other birds, and less serious illness in other animals, like cows.

H5N1 bird flu is caused by a virus that can spread to people, though this is rare. Humans and other animals can be infected through contact with infected animals or contaminated surfaces or animal products. This type of influenza does not easily spread from person-to-person. However, it's difficult to predict if and when this may be possible.

SYMPTOMS OF H5N1 BIRD FLU



Poultry

- Gasping or coughing
- Diarrhea
- Shaking or tremors
- Swelling around the head, neck, and eyes
- Sudden death



Dairy cows

- Decreased appetite
- Decreased milk production
- Producing milk that is thicker or yellow/brown
- Fever
- Diarrhea or abnormal manure
- Runny nose



People

- Eye redness or irritation
- Cough
- Runny or stuffy nose
- Fever
- Other flu-like respiratory symptoms

HOW TO PROTECT MYSELF & OTHERS

Wear protective gear when working with animals:

- Disposable gloves (with optional outer work gloves)
- Boot covers or designated work boots
- Safety goggles
- Disposable or washable fluid-resistant coveralls
- A mask (ideally a fitted N95 respirator)

Change or clean gear when moving between different areas of the facility, after working with animals showing signs of illness, and before exiting the facility.

Wash your hands, especially after milking and cleaning.

Stay home if you're sick. Keep away from other people and animals as much as possible.

Get tested. Call us at 608-266-4821, ask to speak to the Communicable Disease Team, and let us know you might have H5N1 bird flu (se habla español: 608-243-0380). We can help you get tested.

- If you need medical care right away, before going to the clinic or emergency room, call and tell the staff you're at risk for H5N1 bird flu because of your work.
- If it is a medical emergency, **call 911** and let the dispatcher know you're at risk for H5N1 bird flu because of your work.

