

YOU CAN GET SICK WITH BIRD FLU FROM SICK BIRDS OR ANIMALS

Cows can be sick for weeks before showing signs of illness. Some cows can be sick and transfer the virus, while never looking sick.

PEOPLE SICK WITH BIRD FLU CAN HAVE:

- red, crusty or goopy eyes (conjunctivitis)
- cough with or without sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- feeling tired
- trouble breathing
- fever or chills

TAKE STEPS TO REDUCE YOUR RISK OF GETTING SICK

Eyes

(glasses, goggles, or face shield)

Nose

(gaiter, mask, or face shield)

Mouth

(gaiter, mask, or face shield)

Hands

(gloves)



Do not drink raw or unpasteurized milk. It can make you sick.



Wash hands well, often, and before eating. Avoid touching your face and mouth.



Get the seasonal flu shot to avoid getting both H5N1 and regular flu at the same time.



IF THERE ARE BIRDS OR ANIMALS SICK WITH BIRD FLU ON YOUR FARM

call Pennsylvania Department
of Agriculture (PDA)
at **717-772-2852**

IF YOU HAVE BEEN NEAR BIRDS OR ANIMALS SICK WITH BIRD FLU



Wear PPE to protect yourself. (See page 2.)



Watch for signs of being sick from the first day you are near the H5N1 virus to 10 days after the last time you were near it.



If you feel sick, stay away from others and call Pennsylvania Department of Health at **1-877-724-3258** for FREE testing. (English and Spanish)



Don't delay seeing a medical provider. Early treatment can help you feel better faster.

IF YOU HAVE A HIGHER RISK OF GETTING VERY SICK: UPGRADE YOUR PROTECTION BY WEARING THE BEST GEAR AVAILABLE

- Start by wearing a well fitting N-95 mask.
- Then layer or add protection with a face shield or goggles, waterproof apron or coveralls and boots that are only worn in the barn.

PEOPLE WITH A HIGHER RISK FOR GETTING VERY SICK:

- Pregnant or nursing
- Have lung, heart or immune conditions
- Older than age 65



[H5N1 \(pa.gov\)](https://www.pa.gov/h5n1)



BIRD FLU (H5N1) GUIDANCE FOR DAIRY WORKERS

H5N1, OR “BIRD FLU”, IS AN INFLUENZA A VIRUS

People can get sick from bird flu by coming in contact with infected birds or animals. Cows can be sick for weeks before showing signs of illness. Some cows can be sick and transfer the virus, while never looking sick.

PEOPLE SICK WITH BIRD FLU CAN HAVE:

Red eyes (conjunctivitis) and/or feel sick with the traditional flu symptoms.

THREE TIERED RESPONSE FOR BIRD FLU PROTECTION

The best way to protect your farm from bird flu depends on the risk level at your farm. Use the table below to decide what protective gear will best protect you and your workers. Follow manufacturer’s instructions for use of respirators. Replace respirators when they no longer fit snugly against your face or when it becomes wet, dirty, or damaged.

THERE ARE NO SICK ANIMALS ON THE FARM AND THE WORKER HAS NO HEALTH RISKS

LOW RISK SITUATION

WEAR
GLOVES

COVER EYES WITH
FACE SHIELD OR
SAFETY GLASSES

COVER NOSE
AND MOUTH WITH
GAITER OR CLOTH
FACE COVERING

SELECT CLOTHING AND BOOTS
FOR WORK AT THE FARM

DO NOT WEAR CLOTHING AND BOOTS
WORN ON YOUR FARM AT OTHER FARMS

THERE ARE NO SICK ANIMALS ON THE FARM AND THE WORKER OR SOMEONE CLOSE TO THE WORKER HAS HEALTH RISKS (pregnant or nursing, has lung, heart or immune conditions, or is older than age 65)

MEDIUM RISK SITUATION

WEAR
GLOVES

COVER EYES WITH
SAFETY GLASSES
AND/OR
FACE SHIELD WITH
SIDE PROTECTION

COVER NOSE
AND MOUTH WITH
SURGICAL MASK

SELECT CLOTHING AND BOOTS
FOR WORK AT THE FARM

DAILY WASH CLOTHES AND CLEAN BOOTS

DO NOT WEAR CLOTHING AND BOOTS
WORN ON YOUR FARM AT OTHER FARMS

ANIMALS THAT SHOW SIGNS OF BEING SICK OR ANIMALS THAT HAVE BEEN CONFIRMED AS SICK ARE ON THE FARM

HIGH RISK SITUATION

WEAR
GLOVES

COVER EYES WITH
UNVENTED/INDIRECT
VENTED GOGGLES
AND/OR FACE SHIELD

COVER NOSE
AND MOUTH WITH
NIOSH-APPROVED
RESPIRATOR
(e.g., N-95 filtering
facepiece respirator or
elastomeric half-mask
respirator)

WEAR DISPOSABLE COVERALLS OR CLOTHING
THAT CAN BE WASHED DAILY AT THE FARM

DAILY DISINFECT BOOTS OR
WEAR REMOVABLE BOOT COVERS
ON THE FARM

DO NOT WEAR CLOTHING AND BOOTS
WORN ON YOUR FARM AT OTHER FARMS

QUESTIONS ON THIS ONGOING SITUATION?



Call the Pennsylvania Department of Health (DOH): **1-877-724-3258**
or the Pennsylvania Department of Agriculture (PDA): **717-772-2852**

Guidance may change as we learn more about H5N1 in cows.

Date updated: 08/06/2024



**SCAN FOR MORE
INFORMATION**

[Protect Yourself From H5N1 When
Working With Farm Animals \(cdc.gov\)](https://www.cdc.gov/working-with-farm-animals/h5n1-protect-yourself)