

**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 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)

**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.

# 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**



**SCAN FOR MORE INFORMATION**

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

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