

REDUCE YOUR RISK OF GETTING SICK FROM BIRD FLU

Wear Eye Protection

(glasses, goggles, or face shield)



Face shields can be used with masks and can replace goggles.

Cover Your Nose

(gaiter, mask, or face shield)

Cover Mouth

(gaiter, mask, or face shield)

Follow manufacturer's instructions for use of masks.

Replace when they no longer fits snugly against your face or when they become wet, dirty, or damaged.

Cover Your Hands

(disposable gloves)



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

ALL FARM WORKERS THAT COME IN CONTACT WITH ANIMALS SHOULD:

- Get the seasonal flu shot, to avoid getting both bird flu and regular flu at the same time.
- Not drink raw or unpasteurized milk. It can make you sick.



SOME PEOPLE HAVE A HIGHER RISK FOR GETTING VERY SICK:

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

IF YOU OR SOMEONE YOU SPEND TIME WITH ARE AT HIGHER RISK:

Upgrade your protection by wearing the best personal protective gear (PPE) available.

- Start by wearing a well fitting **N-95 mask** (respirator).
- Then layer on protection with a **face shield** or **goggles**, **waterproof apron** or **coveralls**.
- The virus can be carried home on your **work shoes**. Choose shoes that are only worn at the farm.

YOU CAN GET SICK FROM SICK BIRDS OR ANIMALS

Dairy Cows can be sick for weeks before looking sick. 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
- muscle or body aches
- feeling tired
- trouble breathing
- fever or chills
- runny or stuffy nose
- headaches

TO REPORT SICK BIRDS OR ANIMALS ON YOUR FARM?

Call Pennsylvania Department of Agriculture (PDA)

1-717-772-2852



[Avian Influenza \(H5N1\) | Department of Health | Commonwealth of Pennsylvania](#)

Scan the QR code with your phone camera for more bird flu information.



Pennsylvania
Department of Health