



## BIRD FLU CAN MAKE FARM WORKERS SICK

Avian influenza, or bird flu, is a virus in birds that spreads fast, especially among chickens, turkeys, and wild birds. Bird flu has also been found in cows and cow milk.


People can catch bird flu by being close to sick animals or touching things they touched. To stop bird flu, sick poultry have to be killed. Workers who do this job are at higher risk of getting this virus. Anyone on the farm may also get infected even though they are not doing the depopulating.


## BIRD FLU IS NOT COMMON IN PEOPLE, BUT IT MIGHT BECOME MORE COMMON

- Usually, bird flu doesn't make people sick, but flu viruses can change fast. If the virus changes and spreads easily to humans, it could cause a big flu outbreak.
- From January 2022 to June 2024, there have been 29 cases of bird flu in people around the world. Fifteen of them were very sick, and seven died. [Avian Influenza A \(H5N1\) - Australia \(who.int\)](#)
- Four people in the U.S. got bird flu during the same period, but they all got better. [How CDC is monitoring influenza data among people to better understand the current avian influenza A \(H5N1\) situation | Bird Flu | CDC](#)
- Now, there is more worry because the virus is also infecting cows.

## MAKE A CALL IF YOU FIND SICK OR DEAD BIRDS


 **Find dead poultry?** Call the PA Department of Agriculture (PDA): **1-717-772-2852**

 **Find dead wild birds?** Contact the Pennsylvania Game Commission (PGC): **1-833-742-9453** or [pgc-wildlifehealth@pa.gov](mailto:pgc-wildlifehealth@pa.gov). They may arrange for testing of the birds.



### WELLNESS CHECKS ARE AVAILABLE

- If a flock has bird flu, PDA and PADOH will work closely together to assess the situation and determine what is needed to respond.
- If your flock has bird flu, PADOH wants to ensure you, your family, and farm workers remain healthy.
- PADOH will check on you for 10 days after being near sick animals.
- If you get sick, PADOH will help you get tested.

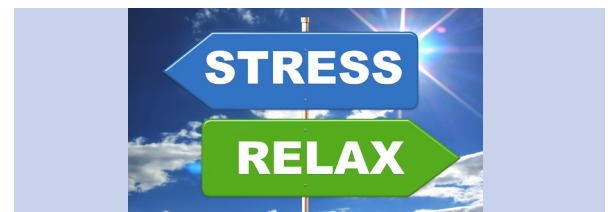


Scan the code for details  
[H5N1 \(pa.gov\)](https://www.pa.gov/h5n1)

## DEPOPULATION TO PREVENT THE SPREAD OF DISEASE IS STRESSFUL

Farmers face pressure to balance their daily farm operation and personal life, especially if the bird flu impacts their poultry flocks.

One strategy to help you manage stress is to prepare for a possible bird flu outbreak. Advance planning is key to having policies in place and protective gear on hand in case of a mass depopulation event.



**For more information:**

[The Farmer Stress Management Toolbox Part 1 \(psu.edu\)](#) 2