

# H5N1 VIRUS GUIDANCE FOR FARM WORKERS

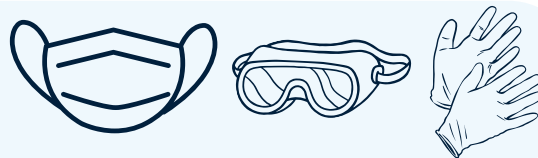
H5N1 is a virus that causes what is known as “bird flu.” People can get sick with bird flu when they come into contact with infected birds or animals.

## Symptoms of bird flu can include:

Eye redness (conjunctivitis), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, trouble breathing, and fever.

## How farm workers can protect themselves:

- 1** Wear protective clothing when working with sick or dead animals, feces, or milk.
- 2** Get a seasonal flu vaccine to reduce the risk of getting sick with human flu and bird flu at the same time.
- 3** Wash your hands thoroughly throughout the day and before eating. Avoid touching your face and mouth.
- 4** Do not drink raw or unpasteurized milk. You could get sick from drinking milk from sick cows.



## What to do if you are exposed or feel sick:

**If you were exposed to the H5N1 virus**, you should monitor your symptoms for 10 days from your last exposure.

**If you start to feel sick and have flu-like symptoms**, you should isolate away from other people right away and get tested by a healthcare professional.



**For questions about H5N1**  
Scan the QR code or visit:  
<https://www.cdc.gov/flu/pdf/avianflu/Bird-Flu-Exposure-Handout.pdf>

