



# Avian Influenza Guidance for Farm Workers



## What is Avian Flu (H5N1)?

H5N1 is a virus that can cause a disease known as avian influenza or “bird flu.” Although it is rare, people can get sick with bird flu when they come into contact with infected birds or animals, their body fluids, feces, or their environments.

## How Farm Workers Can Protect Themselves:

**1** Wear protective clothing when working with sick or dead animals, feces, or milk.



**2** Wash your hands throughout the day and before eating, drinking, or smoking.



**3** Raw milk and raw milk products may contain harmful bacteria or viruses, including H5N1 virus, and consuming raw milk is a risk for infection. Pasteurization kills these germs.



## Symptoms of Avian Flu in humans Can Include:

- Headaches
- Eye redness, tearing, or irritation
- Trouble breathing
- Sneezing
- Fatigue
- Runny or stuffy nose
- Cough
- Nausea
- Fever
- Muscle or body aches
- Sore throat
- Vomiting
- Diarrhea
- Seizures
- Rash

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

- If you were in contact with birds or animals infected with H5N1 virus or their environments, you should monitor yourself for symptoms during contact and for 10 days after you stopped contact.
- If you start to feel sick and have symptoms of bird flu, you should isolate away from other people and immediately contact your local health department. Visit [ualhd.org](http://ualhd.org) to find the contact information for your local health department.

## More information

For questions about bird flu or about how to get tested, email [statevet@utah.gov](mailto:statevet@utah.gov) or call 801-982-2235.

Visit [ag.utah.gov/dairy-cattle-and-avian-influenza](http://ag.utah.gov/dairy-cattle-and-avian-influenza) or Scan QR Code

