

Worker Health & Safety

What to Know About Bird Flu



What is Bird Flu?

- A virus that can cause serious illness and death in birds and some mammals.
- Human infection is rare, but **workers who handle or are near infected birds—or their droppings, feathers, or environments—are at higher risk** of infection.

Common Symptoms in People



Fever



Cough



Sore throat



Body aches

How Bird Flu Infects People



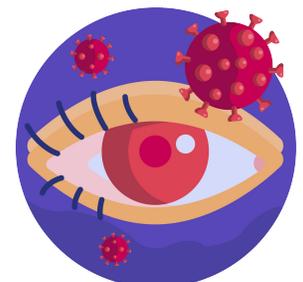
Breathing in dust or droplets with the virus.



Touching your eyes, nose, or mouth after touching something with the virus on it.



Touching sick or dead animals without personal protective equipment (PPE).



Getting liquid with the virus splashed into your eyes, nose, or mouth.

Animals at High Risk of Getting Bird Flu

Bird flu can affect more animals than just birds if they have been exposed to the virus.



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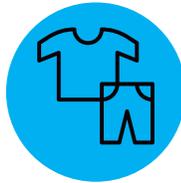
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Protect Yourself from Bird Flu



Wear appropriate **PPE**.



Change clothes and shower after work.



Wash hands after contact.

Avoid touching your face.



Do not hold birds or other animals near your face.

Get the seasonal flu vaccine to lower the risk of severe illness from influenza.



Monitor for flu-like symptoms for at least 10 days. Report any symptoms AND your exposure to your doctor.

Personal Protective Equipment

If you must have contact with birds or other animals or their environments, wear recommended PPE. This includes:



Goggles or face shield



Head cover



Gloves



Boots



Coveralls



NIOSH® approved respirator



For more information, visit www.sdepi.org.

