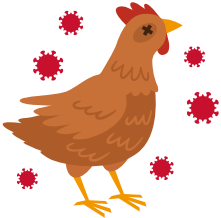




H5N1 “BIRD FLU” VIRUS INFORMATION FOR VIRGINIA DAIRY FARMERS



“Bird flu” is caused by the H5N1 virus, which usually infects wild birds and poultry. Other animals, including livestock, can be infected with H5N1. **People can get sick through contact with infected birds or animals.**

H5N1 has been detected in poultry and U.S. dairy cows, with one recent human case in a U.S. dairy worker. **There is still a lot to learn about how this virus is spreading.** The risk of H5N1 infections for the general public is currently low. People who have contact with infected birds or animals, including cows, are at greater risk of becoming infected with H5N1 virus. You can keep yourself and your herd healthy by following the hygiene practices below.



HOW TO PROTECT YOURSELF

- ✔ **Wear protective clothing** when working with sick or dead animals, feces, raw milk, or surfaces and water contaminated with animal waste (e.g., coveralls, rubber boots, gloves, and eye protection). Make sure to put on and remove PPE correctly. **For more information** see <https://www.cdc.gov/flu/avianflu/h5/worker-protection-ppe.htm>
- ✔ **Wash your hands** thoroughly throughout the day and before eating. Avoid touching your face and mouth.
- ✔ **Have clothing dedicated for farm work.** Change into clean clothes before going back to your house and launder farm clothes separately from clothing not worn for farmwork.
- ✔ **Do not drink raw or unpasteurized milk.**



WHAT TO DO IF YOU HAVE SYMPTOMS OF H5N1

- > If you think you have symptoms of H5N1 after exposure to cattle, raw milk, birds, other animals, or their feces, **immediately contact a health care provider.** Let them know of your recent exposure and share this flyer with them.
- > Either you or your health care provider should also immediately **call your local health department:**
vdh.virginia.gov/health-department-locator



WHAT TO DO IF YOUR CATTLE ARE SICK

Promptly notify your veterinarian if your cattle are ill, or you suspect they have been infected with influenza. For more information about H5N1 in dairy cattle visit, <https://www.vdacs.virginia.gov/animals-avian-influenza.shtml>



LOOK OUT FOR SYMPTOMS OF H5N1

People may have eye redness, cough, sore throat, runny or stuffy nose, fever, muscle or body aches, headaches, fatigue, shortness of breath or difficulty breathing. Monitor yourself for any of these symptoms.

Use the QR code to get to vdh.virginia.gov/hpai and see more ways to protect yourself and your family

