

# H5N1 Guidance for Farm Workers




H5N1 is a virus that causes avian influenza. Avian influenza affects many animals including domestic poultry, wild birds, cattle, and wild mammals. **People can get sick with H5N1 when they come into contact with infected birds or animals.**

## Symptoms of H5N1 can include:

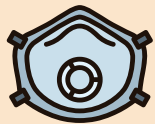
- Fever or chills
- Eye redness or irritation
- Headaches
- Trouble breathing
- Cough
- Sore throat
- Runny or stuffy nose
- Trouble breathing
- Diarrhea
- Nausea or vomiting
- Fatigue
- Muscle or body aches

## How to keep your farm and family safe from H5N1:

 Wear personal protective equipment (PPE) when working with sick or dead animals, their feces (manure), saliva (spit), or raw milk. PPE can include:



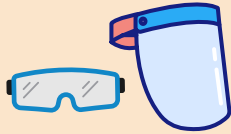
Coveralls



Respirator masks



Apron



Safety goggles or face shields



Head or Hair cover




Boots



Gloves

 Wash your hands with soap and water or use hand sanitizer after touching animals or their milk, spit, manure, or other body fluids.



 Do not touch your face, eyes, mouth, phone, food, or other commonly used objects until after you've washed your hands.

 Do not drink raw or unpasteurized milk. You could get sick from drinking milk from sick cows.



For more information, visit [www.maine.gov/dhhs/mecdc/avianflu](http://www.maine.gov/dhhs/mecdc/avianflu) or call Maine CDC at 1-800-821-5821.