

Protect Yourself From H5N1 When Working With Farm Animals

H5N1 is a bird flu virus that could make you sick. Wear recommended personal protective equipment (PPE) when working directly or closely with sick or dead animals, animal feces, litter, raw milk, and other materials that might have the virus.



Wash hands with soap and water, then put on PPE in this order:

1. Fluid-resistant coveralls
2. Waterproof apron, if needed for job task
3. NIOSH Approved® Respirator (e.g., N95® filtering facepiece respirator or elastomeric half mask respirator)
4. Properly-fitted unvented *or* indirectly vented safety goggles or face shield
5. Head cover or hair cover
6. Gloves
7. Boots

Scan to learn how to put on and take off a respirator



While wearing PPE

- Use separate designated clean areas, one for putting on PPE and one for taking off PPE.
- Avoid touching your eyes, mouth, and nose after touching any contaminated material.
- Do not eat, drink, smoke, vape, chew gum, dip tobacco, or use the bathroom.

Follow these steps to safely remove PPE

1. Remove the apron, if worn
2. Clean and disinfect boots
3. Remove boots
4. Remove coveralls
5. Remove gloves
6. Wash hands with soap and water or alcohol-based hand rub
7. Remove goggles or faceshield and then remove respirator
8. Remove head cover or hair cover
9. Wash hands again with soap and water or alcohol-based hand rub

After removing PPE

- Shower at the end of the work shift.
- Leave all contaminated clothing and equipment at work.
- Watch for symptoms of illness while you are working with potentially sick animals or materials. Continue watching for symptoms for 10 days after finishing working. If you get sick, tell your supervisor and talk with a doctor.

Reusable and disposable PPE

- While removing PPE, dispose of all disposable PPE appropriately and set aside reusable PPE
- Clean and disinfect reusable PPE after every use

Scan to find more PPE and worker safety information

