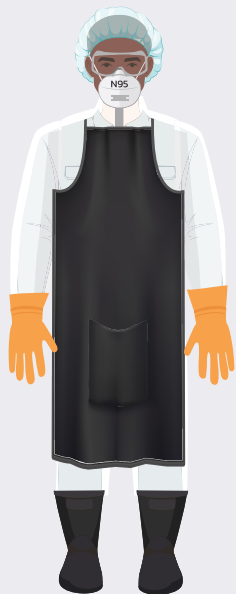
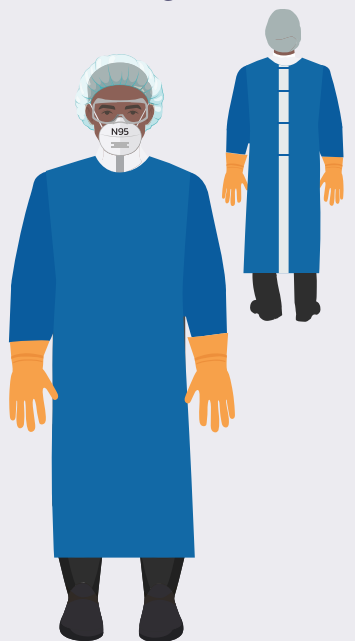


Wear personal protective equipment (PPE)

For H5N1 Bird Flu Protection



For H5N1 Bird Flu Protection in a Milking Parlor



You should wear personal protective equipment (PPE) when in contact with or around dairy cows, raw milk, other animals, or surfaces and other items that might be contaminated with virus. Ask your supervisor if you have questions about what type of PPE to wear or when or how to use it. Recommended PPE may include:

1. Head cover or hair cover
2. Safety goggles
3. Optional face shield over the top of goggles
4. NIOSH Approved® particulate respirator (such as an N95®)
5. Coveralls that keep you dry
6. Optional waterproof apron over the top of the coveralls
7. Disposable gloves with optional outer work gloves
8. Boot covers or boots

In milking parlors, where the source of contamination is only from one side, you may be able to use a sleeved apron in place of the coveralls and waterproof apron.

More information on worker safety and putting on and removing PPE is available at <https://www.cdc.gov/bird-flu/prevention/farm-workers.html>. When working with animals or materials that could be infected or contaminated with H5N1 bird flu, monitor your health and continue to monitor for 10 days after your last exposure.

The milking parlor option is for limited settings, where the source of contamination is only from one side. **Talk to your supervisor to know if this applies to you.**

Symptoms can include:

- Eye redness (conjunctivitis)
- Mild flu-like upper respiratory symptoms
- Pneumonia requiring hospitalization
- Fever (Temperature of 100°F [37.8°C] or greater) or feeling feverish
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Shortness of breath or difficulty breathing

Less common signs and symptoms include diarrhea, nausea, vomiting, or seizures. *Fever may not always be present.

Observe your health daily, even if you followed all instructions for PPE.

If you get any new symptoms of illness while working with confirmed or potentially infected animals or confirmed or potentially contaminated byproducts or surfaces **and during the 10 days** after your last exposure:

- Stay home and stay away from others as much as possible until you know whether you have H5N1 bird flu. If you have H5N1 bird flu, stay home and away from others until you feel better.
- Tell your supervisor and medical provider, and they will help you contact your [state/local health department](#).
- Your health department will help you determine what to do next and may test you for H5N1 bird flu.
- A medical provider may prescribe medication that is used for [treatment of flu](#) (antiviral medication). It is important to follow the directions for taking the medication.

For more bird flu (H5N1) resources, visit [cdc.gov/birdflu](https://www.cdc.gov/birdflu)