

# PROTECT YOURSELF FROM H5N1 BIRD FLU

Wear personal protective equipment

H5N1 bird flu is a virus that could make you sick if you breathe it in or if it gets in your eyes, nose, or mouth. You can also get sick if you touch your eyes, nose, or mouth after touching contaminated surfaces, clothing, skin, or hair. Wear personal protective equipment (PPE) when in contact with or around animals confirmed or potentially infected, including dairy cows, or confirmed or potentially contaminated raw milk, surfaces, or other items. You may need more PPE than what you use for your normal duties. Your employer should provide the recommended PPE at no cost. **Ask your supervisor if you have questions about what type of PPE to wear or when or how to use it.**

## RECOMMENDED PPE TO PROTECT AGAINST H5N1 BIRD FLU

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

