

H5 Bird Flu Resources for Farm Workers

H5 bird flu is widespread in wild birds worldwide and is causing outbreaks in U.S. poultry and dairy cows. Recently, there have been sporadic H5 infections in U.S. dairy and poultry workers.

You can take steps to reduce your risk of getting sick. If you have been exposed to animals with H5 bird flu infection, seek care and get tested if you have symptoms (even mild). Seeking care means getting access to treatment that might reduce the possibility of spreading the virus and can help CDC learn more about how the virus spreads. Learn more about how you can protect yourself and others:

Information for Farm Workers



Information for Workers Exposed to H5 Bird Flu: Learn more about how the virus spreads, symptoms to look out for, and how to protect yourself. ([link](#))



Information for People Exposed to Birds or Other Animals Infected with H5 Bird Flu: Information and instructions for people who were recently around poultry, wild birds, or other animals, found to be infected with avian influenza viruses ("bird flu" viruses). ([link](#))



Self-Observation for Illness for Responders to Poultry Outbreaks of H5 Bird Flu ([link](#))

Quick Reference Flyers



Flyer: Protect Yourself from H5 Bird Flu When Working with Farm Animals ([link](#))



Flyer: Farm Workers Exposed to H5 Bird Flu ([link](#))



What To Do If You Feel Sick ([link](#))

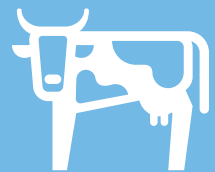
Videos and Graphics



H5 Bird Flu Informational Videos: This series answers commonly asked questions about the current H5N1 bird flu situation in the U.S. and also gives tips for preventing infections. ([link](#))



H5 Bird Flu Social Media Toolkit: Find social media graphics that clearly explain spread, personal protective equipment, and more. All graphics can be easily shared on social media or printed for in-person groups. ([link](#))



Optional Milking Parlors PPE Modifications

PPE On ([link](#))



PPE Off ([link](#))

