

Guidelines for the Prevention of H5N1

What is H5N1?

H5N1 is an avian influenza virus, also known as the *bird flu*, that is widespread among wild birds and can cause outbreaks in U.S. poultry, dairy cows, and, more recently, farmers and workers.

Most animal flu viruses rarely infect humans; however, flu viruses from birds can make humans sick. At-risk individuals should:

- Follow maintenance procedures
- Avoid unprotected direct contact with sick animals
- Report possible infected animals once identified

How is H5N1 Spread?

Poultry farmers and workers, backyard bird flock owners, livestock farmers and workers, veterinarians and veterinary staff, and emergency responders can potentially become infected through close physical contact with:

- Sick birds, livestock, or animals
- Carcasses of birds, livestock, or other animals
- Feces or litter from infected animals
- Raw milk
- Contaminated surfaces and water (ponds, waterers, buckets, pans, troughs)

H5N1 Symptoms in Humans

Common symptoms of H5N1 virus include: Red eye (conjunctivitis), mild flu-like upper respiratory symptoms, temperature of 100°F or greater, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue.

People who become sick within 10 days of exposure to infected or potentially infected birds or other animals should isolate at home, away from their household members.

If you have any of these symptoms, please contact your doctor and the San Bernardino County Communicable Disease Section at **(800) 722-4794**

PPE Guidelines

While wearing personal protective equipment (PPE), avoid touching above your chest. Do not eat, drink, smoke, vape, chew gum, dip tobacco, or use the bathroom. Use separate areas to put on and remove PPE.

1 Wash your hands before putting on PPE

2 Put on PPE in this order:

- Fluid-resistant coveralls
- Waterproof apron (if needed)
- NIOSH Approved Respirator (e.g., N95 filtering facepiece respirator or elastomeric half mask respirator)
- Properly-fitted unvented or indirectly vented safety goggles or face shield
- Head cover or hair cover
- Gloves
- Boots

3 Remove PPE in this order:

- Remove apron, if worn
- Clean and disinfect your boots
- Remove your boots
- Remove coveralls
- Remove gloves
- Wash your hands with soap and water, or if soap and water are not available, use an alcohol-based hand rub
- Remove head cover or hair cover
- Remove goggles or faceshield and then remove respirator
- Wash your hands again with soap and water, or if soap and water are not available, use an alcohol-based hand rub

For additional guidance regarding occupational health and safety, please visit bit.ly/OSHA-avian-flu