

Poultry and livestock farmers & workers

PROTECTION FROM BIRD FLU



Although the risk of influenza to the general public in Hawai'i from bird flu viruses is low, some situations may place individuals at increased risk for infection:

- Close contact with sick or dead animals, including wild birds, poultry, other domesticated birds, and other wild or domesticated animals.
- Handling the feces, bedding (litter), or materials that have been touched by, or close to, birds or other animals on a farm with confirmed bird flu virus infection.
- Consuming raw, unpasteurized, milk or dairy products

Main Symptoms



FEVER



COUGH



SORE THROAT



CONJUNCTIVITIS
("PINK EYE")

Secondary Symptoms

- RUNNY NOSE
- FATIGUE

- HEADACHE
- MUSCLE ACHES

- DIARRHEA
- VOMITING

- BREATHING DIFFICULTIES

Protect Yourself:

In medium and high exposure settings, wear PPE when in contact with or around dairy cows, raw milk, other animals, or surfaces and other items that might be contaminated.

Exposed or feel sick:

Observe your health daily, even if you followed all instructions for personal protective equipment (see QR below for detailed instructions). Watch for symptoms of illness. Stay home and stay away from others as much as possible until you know whether you have bird flu. Tell your supervisor and medical provider, and they will help you contact your state/local health department. A medical provider may prescribe medication for treatment of flu.

