

# Bird Flu on Dairy and Poultry Farms



Infectious Disease  
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H5 bird flu is widespread in wild birds worldwide and is causing outbreaks in poultry and U.S. dairy cows with several recent human cases in U.S. dairy and poultry workers.

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## What can I do to protect myself from getting bird flu?



Wear eye protection (goggles) when working with or handling farm animals to protect yourself from splashes and stop you from touching your eyes during work.



Wear gloves and other protective clothing when working with or handling farm animals to protect yourself from animal secretions, keeping the virus away from your skin, hair, or clothes.



Wash hands with soap and running water after working with/handling farm animals, spending time in contaminated environments, or handling raw milk products.

## What should I do if I was around cattle or poultry with bird flu?

Watch for the following symptoms for 10 days after the last time you cared for the sick animal or were in the contaminated environment.



Fever or feeling feverish



Sore throat



Runny or stuffy nose



Cough or shortness of breath



Feeling tired or body aches



Headache



Red eyes that may hurt or lots of tears from your

## What should I do if I am sick?

- If you have any of the above symptoms, call your health care provider or the Indiana Department of Health at 317-233-1325 and let them know you have been caring for sick animals that may have bird flu and ask for a flu test.
- While you are sick, stay home from work and avoid getting too close to the people in your house until you are fever-free for 24 hours without using fever reducing medicine and your other symptoms are getting better.

## Where can I go for more information?

Visit the Indiana Department of Health Avian Influenza page to learn more:  
<https://www.in.gov/health/idepd/respiratory-disease/influenza/avian-influenza/>