

# Bird Flu Guidance for Farm Workers

1. Infected animals can pass disease to people in their milk, saliva (spit), feces (poop), and other body fluids.

2. Signs and symptoms of infection may include:



- Eye redness (conjunctivitis)
- Fever (temperature of 100°F (37.8°C) or greater) or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headaches
- Fatigue
- Diarrhea
- Nausea
- Difficulty breathing/shortness of breath (call 911 immediately)

3. Personal protective equipment (PPE) should be put on and taken off in areas away from animals.



- Masks
- Safety glasses, goggles or face shields
- Disposable gloves
- Overalls/gown



4. Do not drink unpasteurized milk. Do not take milk home.



5. Wash your hands with soap and water or use hand sanitizer after touching animals or their milk, saliva (spit), feces (poop), or other body fluids.

6. Do not touch your face, eyes, mouth, phone, food, or other commonly used objects until after you've washed your hands.

Even though it's rare for humans to get sick from bird flu, we want you to know how to monitor your health and the health of your family.



Point your camera here for more information and guidance on bird flu from Texas DSHS.



Or visit [dshs.texas.gov/influenza-flu-provider-information/avian-influenza-bird-flu/information-farmers-dairy-workers](https://dshs.texas.gov/influenza-flu-provider-information/avian-influenza-bird-flu/information-farmers-dairy-workers) to learn more