

CDPH
California Department of Public Health

Protect Yourself From Bird Flu When Working With Infected Poultry

Bird flu can spread from poultry to people and make you sick.

- The virus can be in a sick bird's feces, fluids or feathers.
- It can spread through splashes, dusts or droplets in the air.

These can get in the eyes, nose, mouth and lungs.

- It can also spread if you touch infected surfaces and then touch your face.

Protect your eyes, nose and mouth.

Always wear personal protective equipment (PPE) when working with birds that may be sick.



Wear **Goggles** (indirectly vented).



Wear **gloves** and don't touch your face.



Wear an **N95 respirator** or a more effective respirator.



Wash or **clean hands** often while working. Before going home, wash hands and face.

- Fluid-resistant coveralls may also be needed when cleaning and disinfecting barns.
- All PPE should be provided by your employer free of charge.
- After your shift, remove PPE and shower.



Extra PPE is needed for high-risk tasks.

Certain jobs can expose you to more virus or harmful chemicals, so additional protection is needed. These jobs include:

- Depopulating flocks;
- Moving and composting dead birds;
- Cleaning and disinfecting barns;
- Or other work in enclosed areas, where virus can build up.

In these situations, an N95 respirator is not enough to protect your lungs. Also, remember to keep your eyes safe. Wear either:



A **half-face** elastomeric (rubber-type) respirator with P-100 filters and indirectly vented goggles.



A **full-face** elastomeric (rubber-type) respirator with P-100 filters



A powered air-purifying respirator (**PAPR**) with high efficiency particulate air (**HEPA**) filters

- If chemicals are involved in these jobs, select the right cartridge.
- Fluid-resistant coveralls should be worn when cleaning and disinfecting barns.
- All PPE should be provided by your employer free of charge.
- After your shift, remove PPE and shower.

Monitor yourself for symptoms of bird flu.

If you have flu-like symptoms including eye redness or discharge, reach out to your local health department. Employers must provide workers' compensation benefits for workers who get bird flu on the job. For more information on workers' compensation and paid sick leave, call 1-800-736-7401.

For more information:

CDPH Bird Flu webpage: **go.cdph.ca.gov/birdflu**
Hazard Evaluation System and Information Service (HESIS) Workplace Hazard Helpline: (866) 282-5516
National Center for Farmworker Health's Call for Health Helpline: +1 (800) 377-9968 or through WhatsApp at +1 (737) 999-4162.

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