Protect Yourself From Bird Flu When Working With Infected Dairy Cows



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

- The virus can be in raw milk, animal fluids or on surfaces.
- 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.

Wear personal protective equipment (PPE) when doing high-risk jobs such as:

- Milking cows, handling raw milk or cleaning the milking parlor.
- Caring for sick cows or cleaning their pens.
- Handling dead cows or cleaning their pens.



Wear **goggles** (indirectly vented goggles) or a **face shield** to protect from splashes. Goggles are more protective than a face shield. Face shields keep masks dry.



Wear an **N95 respirator** or more effective respirator to protect from virus in the air.



Wear **gloves** and don't touch your face. Change gloves between tasks.



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

Additionally, wear coveralls, waterproof apron (when needed), boots and a head or hair cover. Employers provide all PPE free of charge. After shift, remove all 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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