

H5N1 VIRUS GUIDANCE FOR FARM WORKERS

H5N1 is a virus that causes what is known as the “bird flu.” People can get sick with the bird flu when they come into contact with infected birds or animals.

Symptoms of the bird flu can include:

Eye redness (conjunctivitis), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, trouble breathing, and fever.

How farm workers can protect themselves:

- 1 Wear protective clothing when working with sick or dead animals, feces, or milk.



- 2 Wash your hands thoroughly throughout the day and before eating. Avoid touching your face and mouth.



- 3 Do not drink raw or unpasteurized milk. You could get sick from drinking milk from sick cows.



What to do if you are exposed or feel sick:

If you were exposed to the H5N1 virus, you should monitor your symptoms for 10 days since the time you were exposed.

If you start to feel sick and have symptoms of H5N1, you should isolate away from other people right away and get tested by a healthcare professional. They will also provide medicine for you and other people you live with to help kill the virus.

For questions about H5N1 exposure, or how to get tested:

Contact your Local Health Department.

Visit dph.illinois.gov/contact-us/regional-health-departments to find yours.

Or call the Communicable Diseases program at (217) 782-2016

