

H5N1 BIRD FLU: WORKING WITH WILDLIFE



H5N1 bird flu is caused by a virus that can lead to serious illness and death in birds and mammals. While human infection from bird flu viruses is rare, it is possible and can lead to severe illness and even death.

REDUCE YOUR RISK OF GETTING H5N1 BIRD FLU

People who work or have recreational contact with infected birds or mammals are at higher risk of getting bird flu. These individuals should consider the following prevention measures:

- Work outdoors or in well-ventilated indoor environments.
- Wash hands after contact with animals or their environments and before taking breaks or eating/drinking.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Wear dedicated work clothing and footwear, and launder and keep on-site if possible.
- Change clothes and footwear and shower after work.
- Use personal protective equipment when handling animals that could be infected with bird flu including a fit tested N95 respirator, eye protection, gloves, coveralls and boots or shoe covers.

WILD ANIMALS AT HIGHER RISK OF GETTING BIRD FLU:



SYMPTOMS OF H5N1 BIRD FLU IN HUMANS

- | | | |
|--|--|---|
| <input checked="" type="checkbox"/> Coughing | <input checked="" type="checkbox"/> Eye tearing, redness or irritation | <input checked="" type="checkbox"/> Muscle aches |
| <input checked="" type="checkbox"/> Headaches | <input checked="" type="checkbox"/> Runny or stuffy nose | <input checked="" type="checkbox"/> Pneumonia |
| <input checked="" type="checkbox"/> Sore throat | <input checked="" type="checkbox"/> Diarrhea | <input checked="" type="checkbox"/> Seizures |
| <input checked="" type="checkbox"/> Shortness of breath/difficulty breathing | | <input checked="" type="checkbox"/> Fever (100°F or higher) |

IF YOU HAVE CONTACT WITH AN INFECTED ANIMAL:

1) Report:

If you encounter a sick or dead animal, tell your supervisor and your organization's veterinarian right away. Dead wild birds and mammals may be reported to the [California Department of Fish and Wildlife's Mortality Reporting System](https://wildlife.ca.gov/Conservation/Laboratories/Wildlife-Health/Monitoring/Mortality-Report): <https://wildlife.ca.gov/Conservation/Laboratories/Wildlife-Health/Monitoring/Mortality-Report>

2) Monitor:

Monitor your health for 10 days after you have contact with a sick or dead animal and alert your health care provider and your local health department right away if you develop symptoms. They may suggest a test and offer medicine to help prevent a severe illness. Avoid or reduce contact with others until symptoms resolve.

Get more information at
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Bird-Flu.aspx> or scan here.



December 2024 • © 2024

California Department of Public Health

