

Avian Influenza

Avian influenza (also known as bird flu) is a flu virus that spreads quickly among birds and sometimes to other animals and humans.

People working with infected birds, cattle, or other animals are most at risk of becoming infected with bird flu. The risk to the general population is low.



How does the virus spread?

Droplets or particles of feces, raw milk, and saliva can contain the virus in sick animals. The virus can enter a person's eyes, nose, and mouth, including through breathing in or direct contact with droplets or particles. Workers handling raw milk, caring for sick animals, and/or cleaning their living areas without proper personal protective equipment (PPE) are most exposed to the virus.

Who is at risk?

People who:

- Work with infected wild birds, poultry, or livestock
- Have been exposed to contaminated litter, surfaces, or other equipment
- Have been exposed to raw cow milk from infected cows

What are the symptoms?

- Fever (Temperature of 100° F or higher)
- Feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Muscle aches
- Fatigue
- Eye tearing, redness, or irritation
- Nausea, vomiting, or diarrhea

What can you do?

- It's important to use personal protective equipment (PPE) if infected animals have been found where you work
- Watch for symptoms
- Get tested for bird flu if you feel sick

If you have any other questions, contact Public Health
Email : CDNurse@SCHSA.org | Phone : 209-558-7535

How can you protect your employees?

PPE is available for distribution to impacted farms to protect workers. These include:

- Goggles
- Face shields
- Respirators
- Gloves
- Head Cover/Bouffant Caps

To request PPE, please email
MHOAC@schsa.org

The Public Health Immunization Program also offers seasonal flu vaccines at no cost and is prepared to support vaccination efforts for those who work with livestock and/or poultry.

For more information, please email
iznurse@schsa.org.

