



# Do Animals Where You Work Have Bird Flu?

Bird flu can spread to people who are working with infected birds, cattle or other animals.

## How does the virus spread?

Contact with infected animal's feces, raw milk or saliva (spit). You can breathe in the virus through tiny drops or particles in the air. Touching your eyes, nose or mouth with unwashed hands can also spread the virus.

## How can I protect myself from the virus?

Use personal protective equipment (PPE) like eye protection, respirators and gloves.

## What symptoms should I watch for?

- Eye redness or discharge
- Cough
- Sore throat
- Runny or stuffy nose
- Diarrhea
- Vomiting
- Muscle or body aches
- Headaches
- Fatigue
- Trouble breathing
- Fever (100°F or higher)
- Pneumonia
- Seizures

## How can you help?

The health department may contact you to enroll you in a follow up program for health checks. Responding keeps you and your fellow workers safe.

The health department may ask for:

- **Date of birth**
- **Address**
- **What you do at work**
- **What PPE you use**
- **Symptoms**

Responses are private and will only be seen by the health department. You won't be asked for your social security number or immigration status.

## What if I get bird flu?

Contact your local health department right away to arrange for testing and treatment. Tell them you may have been exposed to bird flu.

## How long is the follow up period?

Your local health department may check in with you as long as you are around sick animals. They may continue to for a brief period afterwards.

**Health checks and daily symptom reporting are an important and confidential way to help you get timely testing and treatment if needed.**

## Who Should I Contact If I Have Symptoms?

Contact your local county health department. Scan the QR code for phone number in your county.

December 2024 • © 2024 California Department of Public Health

