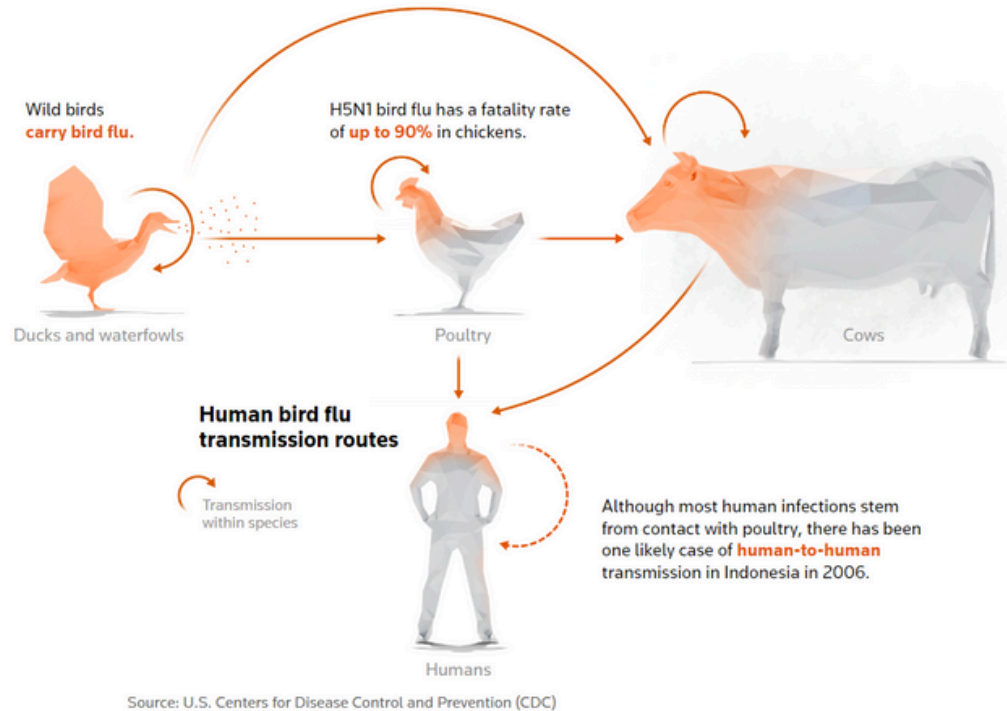


H5N1 Bird Flu Tipsheet

Links & Resources for Outreach Workers

About the Virus

- Avian Flu or Bird Flu is known as Avian Influenza A(H5N1) by the Centers for Disease Control and Prevention (CDC).
- This virus infects domestic poultry, such as chickens, turkeys, quail, and geese.
- It infects wild birds such as waterfowl and shorebirds.



Current Situation

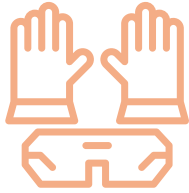
- H5N1 Bird Flu spreads quickly. It is transmitted bird-to-bird and by bird-to-cattle in the United States.
- Since January 2025, there has been one death in the United States from H5N1 Bird Flu.
- Agricultural Workers in animal production who cull birds or who work closely with infected cows are considered high risk. The risk to general population is low.

How Does H5N1 Bird Flu Spread?

H5N1 Bird Flu spreads from sick cows, birds, or other infected animals to humans by:

- Breathing in dust or droplets with the virus.
- Splashing raw milk from an infected cow in your eyes, nose or mouth.
- Touching your eyes, nose or mouth with unwashed hands after:
 - Touching raw milk, cow or bird feces, or other contaminated items or surfaces.
 - Handling sick or dead animals infected with the virus.
- Consuming raw milk products such as milk, cheese, yogurt, and ice cream.

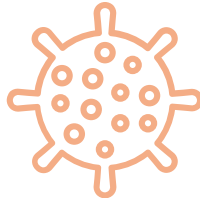
Preventative Measures



Personal Protective Equipment (PPE)

Effective personal protective equipment include:

- Eye protection (i.e., goggles)
- Face masks
- Gloves
- Aprons



When to Test?

Symptoms develop within 10 days of Bird Flu exposure

- Coughing
- Sore throat
- Red/irritated eyes (conjunctivitis)



Milk Pasteurization

- The CDC strongly recommends not consuming anything made with or by raw milk.
- Pasteurized milk is safe to consume.



Seasonal Flu Shots

- The CDC recommends getting the seasonal flu vaccine.
- It reduces the possibility of co-infection of seasonal and Bird Flu.



Outreach Worker Resources

- Outreach workers are key to sharing information to community members.
- CDC Avian Influenza Social Media Toolkit



Additional Resources

- CDC Website: H5 Bird Flu Current Situation
- National Center for Farmworker Health Infectious Disease Hub

Translated Resources

CDC Flyers:

- **Spanish**
 - What to Do if You Feel Sick
 - Wear Personal Protective Equipment
- **Mam**
 - Information for Farm Workers exposed to H5N1 Bird Flu
- **Nahutal**
 - What to Do if You Are Sick
 - Wear Personal Protective Equipment
- **K'iche'**
 - What to Do if You Are Sick
 - Wear Personal Protective Equipment
- **English**
 - Protect Yourself from H5N1 Bird Flu
 - Information for Farm Workers Exposed to H5N1 Bird Flu

- **Simplified Chinese**

- Information on Infected Backyard Poultry

- **Haitian Creole**

- What to Do if You Are Sick
- Wear Personal Protective Equipment

Audio Files: Interpretation of an educational flyer from National Center for Farmworker Health (NCFH):

- Mam
- Nahutal (Orizaba variety)
- K'iche'
- Mixteco (San Antonio Yodunduz Monte Verde variety)
- Afrikaans
- Q'anjob'al



Graphic source: Zafra, M., Rao, A., & McClure, J. (1AD). How humans can and can't catch bird flu. Reuters. <https://www.reuters.com/graphics/HEALTH-BIRDFLU/lgpdndoyrpo/>

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