

H5N1: BIRD FLU

INFORMATION FOR WORKERS

WHAT IS BIRD FLU?

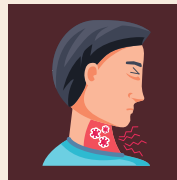
- * Avian Influenza (H5N1), also called bird flu, is a type of virus that is spread by domestic and wild birds.
- * Bird flu does infect animals, including poultry, cattle and other animals. It can also be spread to humans.
- * People who work with birds or other animals, including farmworkers, livestock owners, hunters, and sanctuary workers, are at greater risk.

PREVENTION PRACTICES

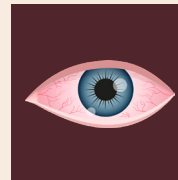
- * Avoid unprotected exposure to sick or dead animals.
- * Wash hands right away after touching birds or other animals.
- * Don't touch your eyes, nose, or mouth after contact with birds or other animals.
- * Use personal protective equipment (PPE) when in contact with sick or dead animals.
- * Monitor yourself for 10 days after exposure to infected birds or animals or areas contaminated by infected birds or other animals.



SIGNS AND SYMPTOMS



COUGH/SORE THROAT



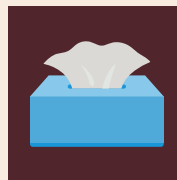
EYE TEARING, REDNESS, OR IRRITATION



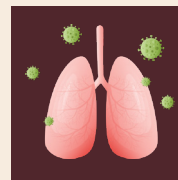
MUSCLE/BODY ACHE



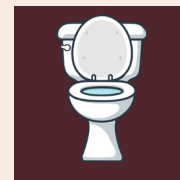
FEVER



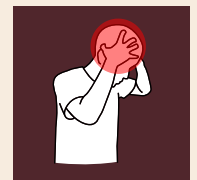
STUFFY/RUNNY NOSE



DIFFICULTY BREATHING



DIARRHEA



HEADACHE



LOCAL HEALTH DEPARTMENT DIRECTORY



NJDOH FLU SITE



IF YOU THINK YOU MAY HAVE BIRD FLU OR ARE HAVING SYMPTOMS, CONTACT YOUR LOCAL HEALTH DEPARTMENT.