

Just the Facts!

Farm Workers and H5N1

H5N1 is a serious health risk in birds, cows, and other animals and can also spread to humans.



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Extension Collaborative on
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H5N1 Virus ... The Risk!

- H5N1 risk is greatest for those who work with or around infected animals (poultry, dairy cows, wildlife) or handle raw (unpasteurized) dairy products infected with the virus
- Human infection from H5N1 occurs when a high enough concentration of the virus is inhaled or gathers into your eyes, nose, or mouth.
- Be aware of your H5N1 risk by being mindful of your potential to
 - Breathe in tiny particles containing the virus
 - Transferring the virus by touching contaminated surfaces and then touching your eyes, nose, or mouth

H5N1 Virus ... The Symptoms!

Symptoms are like the flu

- Cough, stuffy or runny nose
- Eye redness or discharge
- Headaches, body or muscle aches
- Fever

The H5N1 virus spreads quickly, but simple preventative measures can make a difference.

H5N1 Virus ... Farmworkers protect themselves!

- Wash your hands often
- Change out of clothing that might be contaminated **BEFORE** going home
- Use safe work practices and keep down the dust
- Only consume pasteurized dairy products
- Get your seasonal flu shot
- Report symptoms to your employer and get regular medical check-ups
- **Use appropriate and effective PPE:**
Coveralls, Apron, Gloves, Head Covering, Eye Protection, Shoe Covers



The H5N1 virus is part of the Influenza A virus family, known for its ability to evolve rapidly.

The constant evolution makes it crucial to maintain awareness and implement protective measures to safeguard livestock and human health. By doing so, we can help prevent the spread of H5N1 and reduce the chances of it evolving into new strain.



Bolls, P., Hartschuh, J., Horn, T., Manriquez, D., & O'Donnell, N. (2024). Keeping our Farms Safe Protecting Against H5N1 [Factsheet]. Extension Foundation, EXCITE.