## Stay Healthy



## Protect Dairy and Poultry Workers From Avian Influenza A(H5N1).

Avian influenza A(H5N1) typically doesn't infect humans, but it's possible to get sick if you have contact with sick birds or animals. Here are some tips to stay healthy while working on poultry or dairy farms.



Sick poultry and dairy cattle can spread influenza.



Do not drink raw /milk products.

Contact a community health center if you have symptoms.



Wear gloves, goggles, mask, boots, coveralls for protection.



Wash hands after working with animals or in their environment.





Watch for cough, sore throat, eye redness.



