

# H5N1 VIRUS GUIDANCE FOR FARM WORKERS

H5N1 is a virus that causes what is known as the “bird flu.” People can get sick with the bird flu when they come into contact with infected birds or animals.

## Symptoms of the bird flu can include:

Eye redness (conjunctivitis), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, trouble breathing, and fever.

## How farm workers can protect themselves:

**1** Wear protective clothing when working with sick or dead animals, feces, or milk.



**2** Wash your hands thoroughly throughout the day and before eating. Avoid touching your face and mouth.



**3** Do not drink raw or unpasteurized milk. You could get sick from drinking milk from sick cows.



## What to do if you are exposed or feel sick:

**If you were exposed to the H5N1 virus**, you should monitor your symptoms for 10 days since the time you were exposed.

**If you start to feel sick and have symptoms of H5N1**, you should isolate away from other people right away and get tested by a healthcare professional. They will also provide medicine for you and other people you live with to help kill the virus.

## For questions about H5N1 or about how to get tested:

Call the NMDOH Help Line at **1-833-796-8773**  
(Services are available in both English and Spanish)

