

# What Workers Should Know Bird Flu (H5N1)



## What is Bird Flu?

Bird flu, or avian flu, is a virus affecting dairy and other animal workers.

## How it spreads:

- By touching animal's fluids like saliva and feces.
- Through the air.

## Symptoms:

- Similar to other viruses like sore throat, stuffy nose, cough, fatigue or headaches.
- Unique symptoms: eye redness or crusting.
- Symptoms can be mild but the disease can be serious and potentially deadly.



## What Workers Should Do:

### Protect Yourself Before You Get Sick:

- **Know Your Rights:** Workers have a right to be protected from dangers like bird flu.
- **Join Together:** Ask your employer to develop a safety plan that:
  - Identifies all ways that workers can get exposed to animal fluids.
  - Develops safety measures that minimize exposure using the “hierarchy of controls”.
  - Provides personal protective equipment (PPE) including eye protection, gloves, and respiratory protection, and special clothing like boots or shoe covers, fluid-resistant coveralls, and water-proof aprons.
  - Ensures access to handwashing facilities with adequate supplies and time to wash frequently.
  - Trains workers in their languages about risks and safety measures, proper PPE use, and the importance of reporting exposure and sickness.
  - Offers paid time off for doctor visits and to recover from illness.

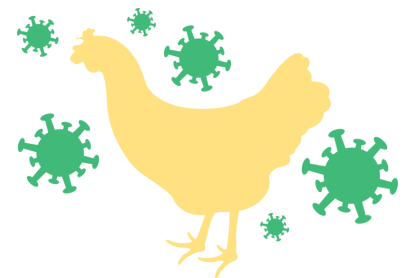
### If Your Employers Fails to Protect You:

- You have the right to file a complaint with OSHA in English or Spanish.
- Workers are also protected from retaliation for reporting safety concerns.

Contact a local worker center or COSH group if your employer refuses to provide protection.

### If You Have Symptoms:

- Go to the doctor immediately.
- Inform them about your exposure to animal fluids and ask if you might have avian flu.
- Notify your local public health office



**Protect Your Health and Take  
Action to Prevent Bird Flu.**

For more information, visit

[www.nationalcosh.org/resources/bird-flu](http://www.nationalcosh.org/resources/bird-flu)