

# Protect Yourself From Bird Flu When Working With Infected Dairy Cows

**Bird flu can spread from animals to people and make you sick.**

- The virus can be in raw milk, animal fluids or on surfaces.
- It can spread through splashes, dusts or droplets in the air. These can get in the eyes, nose, mouth and lungs.
- It can also spread if you touch infected surfaces and then touch your face.

**Protect your eyes, nose and mouth.**

**Wear personal protective equipment (PPE) when doing high-risk jobs such as:**

- Milking cows, handling raw milk or cleaning the milking parlor.
- Caring for sick cows or cleaning their pens.
- Handling dead cows or cleaning their pens.



Wear **Goggles** (indirectly vented goggles) or a **face shield** to protect from splashes. Goggles are more protective than a face shield. Face shields keep masks dry.



Wear an **N95 respirator** or better to protect from virus in the air.



Wear **gloves** and don't touch your face.



**Wash or clean hands** often while working. Before going home, wash hands and face.

**All PPE should be provided by your employer free of charge.**

If you have flu-like symptoms including eye redness or discharge, reach out to your local health department.

## For more information:

CDPH Bird Flu webpage: [go.cdph.ca.gov/birdflu](https://go.cdph.ca.gov/birdflu)  
Questions: Hazard Evaluation System and Information Service  
(HESIS) Workplace Hazard Helpline: **(866) 282-5516**



## Bird Flu Fast Facts for Workers

Bird flu is a disease that infects birds, cows, and other animals. It can also spread to people who work with animals, such as at poultry farms or dairy farms.

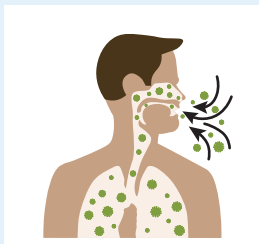
Some symptoms in humans include:

- Pink eye (conjunctivitis).
- Fever.
- Fatigue.
- Muscle aches.
- Stuffy or runny nose.

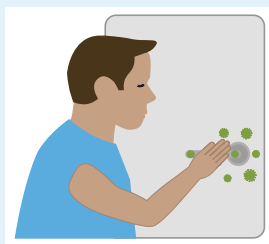


### How does bird flu spread?

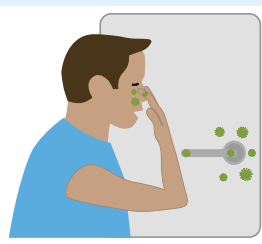
Workers can become infected when they:



Breathe in tiny particles containing the virus.



Touch a surface contaminated with the virus, then touch their eyes, nose, or mouth.



Are splashed in the face with even small amounts of liquid containing the virus.

### How can workers be protected?

Workers should:

- Wash hands often
- Use safe work practices and keep down dust
- Report any symptoms to the employer and go for medical check-ups
- Follow the employer's safety procedures
- Use PPE properly



respiratory protection



coveralls



apron



head covering



eye protection



gloves



shoe covers

### Workers' Compensation and Paid Sick Leave

Employers must provide workers' compensation benefits for workers who get bird flu on the job. For more information, call 1-800-736-7401.

Employers are also required to provide paid sick leave to employees who worked at least 30 days for the same employer in a year. You can use up to 40 hours or 5 days, whichever is more, of earned paid sick leave in a 12-month period. For more information, go to the [Paid Sick Leave in California](https://www.dir.ca.gov/dlse/California-Paid-Sick-Leave.html) webpage: [www.dir.ca.gov/dlse/California-Paid-Sick-Leave.html](https://www.dir.ca.gov/dlse/California-Paid-Sick-Leave.html)

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For more information, go to Cal/OSHA's Avian Influenza webpage: [www.dir.ca.gov/dosh/avian-flu](https://www.dir.ca.gov/dosh/avian-flu)

All workers in California have the right to file confidential complaints about workplace hazards with Cal/OSHA regardless of immigration status: **833-579-0927**