

# H5N1 bird flu has been detected in cows across the country.

For the first time ever, H5N1 bird flu has spread from cows to humans.



**To prevent any illnesses among cows, humans, or other animals, follow the guidance and requirements below:**

## 1. Look for sick animals

Monitor cows closely for clinical signs of H5N1 bird flu infection:

- Decreased milk production
- Reduced appetite
- Thickened, discolored milk
- Low energy
- Fever
- Dehydration

**Isolate ill animals with clinical signs in a dedicated hospital or sick pen.**

If possible, this area should not share confined air space, panels/fence lines, feeding or watering space with other animals.

**Minimize movement of animals, following federal requirements for premovement testing.**

Prior to interstate movement, lactating dairy cows are required to receive a negative test for influenza A virus at an approved National Animal Health Laboratory Network (NAHLN) laboratory using an NAHLN approved assay. The U.S. Department of Agriculture also recommends:

- Premovement testing of non-lactating cows
- If you have any animals with clinical signs on the premises, do not move animals off the premises
- All animals that move on or off a premises should be isolated for 30 days

## 2. Protect yourself with Personal Protective Equipment (PPE)

Wear appropriate PPE when in direct or close physical contact with:

- Sick birds, livestock, or other animals
- Animal carcasses, feces, litter, or raw milk of potentially infected animals
- Surfaces and water that might be contaminated with animal excretions of potentially infected animals
- Buildings where infected animals or materials were that have not yet been disinfected

*PPE includes a properly fitted unvented or indirectly vented safety goggles, disposable gloves, boots or boot covers, a NIOSH-Approved particulate respirator (e.g., N95 filtering facepiece respirator), disposable fluid-resistant coveralls, and a disposable head cover or hair cover.*



### 3. If you think you were exposed to H5N1 bird flu (even if you wore recommended PPE):

Self-monitor for the following symptoms of illness every day while working with sick animals:

- Eye redness and irritation
- Cough
- Sore throat
- Fever
- Runny nose
- Fatigue
- Headache
- Body pain



Stop monitoring 10 days after the last day of exposure to potentially infected animals or contaminated materials.

### 4. If you think you are infected with H5N1 bird flu

Isolate away from others, including household members, except for seeking medical evaluation. Notify your employer. Seek prompt medical evaluation for possible influenza testing and antiviral treatment by your doctor.

### 5. Pay special attention to raw milk safety

Raw milk and products made from raw milk should not be manufactured from cows showing symptoms of illness or from asymptomatic cows that have been exposed to cows infected with H5N1 bird flu.

Raw milk should not be fed to any animals.

Raw milk and products made from raw milk should not be used for human consumption.

Take precautions when discarding milk, especially milk from infected or exposed cows, so that the discarded milk does not become a source of further spread.

Precautions could include:

- Heat-treatment or pasteurization of discarded milk prior to dumping in lagoons or application of waste solids
- Ensuring biosecurity around lagoons (ensuring that animals and birds do not have access to lagoons)



For more information on H5N1 bird flu, visit our website at [sccphd.org/H5N1BirdFlu](https://sccphd.org/H5N1BirdFlu) or scan this QR code with a phone:

