

# Public Health Resources for Veterinarians and Veterinary Staff Handling Animals with HPAI A(H5N1) Virus Infection on Dairy Farms

## Purpose:

- Provide information to facilitate connections and on-going conversations between dairy farm veterinarians and state and local public health and animal health officials.
- Provide a short, printable reference with information on monitoring signs/symptoms of HPAI A(H5N1) virus infection in people and actions to take.

Contact your State Public Health Veterinarian (SPHV) and State Animal Health Official (SAHO) if HPAI A(H5N1) virus is suspected in cattle on dairy farms to ensure connections are made with both public health and animal health officials.

- Contact information for SPHVs: <https://www.nasphv.org/Documents/StatePublicHealthVeterinariansByState.pdf>
- Contact information for SAHOs: [https://www.usaha.org/upload/Federal%20and%20State%20Health/STATE\\_ANIMAL\\_HEALTH\\_OFFICIALS.pdf](https://www.usaha.org/upload/Federal%20and%20State%20Health/STATE_ANIMAL_HEALTH_OFFICIALS.pdf)

## Share messaging on monitoring people exposed to HPAI A(H5N1) virus-infected birds or other animals.

Workers (including people wearing recommended PPE) exposed to HPAI A(H5N1) virus-infected wild birds, poultry, cattle and other livestock, cats, dogs, or other animals should be monitored for signs and symptoms of acute respiratory illness or conjunctivitis beginning after their first exposure and for 10 days after their last exposure.

- **Signs/Symptoms of avian influenza A virus infection in humans, including HPAI A(H5N1) virus infection, include:**
  - Mild illness (e.g., cough, sore throat, eye redness or eye discharge such as conjunctivitis, fever or feeling feverish, rhinorrhea, fatigue, myalgia, arthralgia, headache).
  - Moderate to severe illness: (e.g., shortness of breath or difficulty breathing, altered mental status, seizures).
  - Complications: pneumonia, respiratory failure, acute respiratory distress syndrome, multi-organ failure (respiratory and kidney failure), sepsis, meningoencephalitis.
- Less common signs and symptoms are diarrhea, nausea, vomiting, or seizures.

It is important to remember that infection with influenza viruses, including avian influenza A viruses, does not always cause fever.

- Symptomatic persons should isolate away from others, including household members, except for seeking medical evaluation until it is determined that they do not have avian influenza A virus infection.

Workers exposed to animals suspected to have HPAI A(H5N1) who have signs/symptoms of avian influenza A virus infection should be tested for HPAI A(H5N1) virus infection at a state or local public health department

- State and local public health officials will coordinate testing of symptomatic people. Regardless of immigration status, state and local public health officials can work with individuals to address sensitivities and maintain confidentiality of identifying information and locations of farms where exposure may have occurred.
- State, Territorial, and Local Health Departments: <https://www.cdc.gov/public-health-gateway/php/communications-resources/health-department-directories.html>
- Information for farm workers exposed to HPAI A(H5N1) in dairy cows or other animals: <https://www.cdc.gov/flu/pdf/avianflu/farm-workers-h5n1-print.pdf>



Interim Recommendations for Worker Protection and Use of Personal Protective Equipment (PPE) to Reduce Exposure to Novel Influenza A Viruses Associated with Disease in Humans can be found at the following website:

<https://www.cdc.gov/flu/avianflu/h5/worker-protection-ppe.htm>.

- Handouts with information on protecting yourself from H5N1 when working with farm animals:
  - English- <https://www.cdc.gov/flu/pdf/avianflu/protect-yourself-h5n1.pdf> (Appendix A)
  - Spanish- [https://www.cdc.gov/flu/pdf/avianflu/protejase-del-virus-h5n1\\_Spanish.pdf](https://www.cdc.gov/flu/pdf/avianflu/protejase-del-virus-h5n1_Spanish.pdf) (Appendix B)
  - K'iche'- <https://www.cdc.gov/flu/pdf/avianflu/protect-yourself-h5n1-k-iche.pdf>

### Other HPAI Resources:

- Biosecurity and Testing in Animals:
  - AABP and NMPF Dairy Biosecurity Recommendations: [https://aabp.org/resources/dairy\\_cow\\_disease/Dairy-Biosecurity-Recommendations-HPAI-More\\_Mar2024\\_FINAL.pdf](https://aabp.org/resources/dairy_cow_disease/Dairy-Biosecurity-Recommendations-HPAI-More_Mar2024_FINAL.pdf)
  - USDA-APHIS testing recommendations for HPAI in cattle: <https://www.aphis.usda.gov/sites/default/files/hpai-livestock-testing-recommendations.pdf>
- Milk Safety:
  - FDA FAQ about HPAI and Milk Safety: <https://www.fda.gov/food/milk-guidance-documents-regulatory-information/questions-and-answers-regarding-milk-safety-during-highly-pathogenic-avian-influenza-hpai-outbreaks>
- Prevention, Monitoring, and Worker Safety:
  - OSHA Avian Influenza - Control and Prevention: <https://www.osha.gov/avian-flu/control-prevention>
  - CDC HPAI A(H5N1) Virus in Animals: Interim Recommendations for Prevention, Monitoring, and Public Health Investigations: <https://www.cdc.gov/flu/avianflu/hpai/hpai-interim-recommendations.html>
  - USDA-APHIS Recommendations for Highly Pathogenic Avian Influenza (HPAI) H5N1 Virus in Livestock for Workers: <https://www.aphis.usda.gov/sites/default/files/recommendations-workers-hpai-livestock.pdf>
  - CDC Considerations for Veterinarians: Evaluating and Handling of Cats Potentially Exposed to Highly Pathogenic Avian Influenza A(H5N1) Virus: <https://www.cdc.gov/flu/avianflu/veterinarians-handling-cats.htm>
- General Information:
  - USDA-APHIS Requirements and Recommendations for Highly Pathogenic Avian Influenza (HPAI) H5N1 Virus in Livestock for State Animal Health Officials, Accredited Veterinarians and Producers: <https://www.aphis.usda.gov/sites/default/files/aphis-requirements-recommendations-hpai-livestock.pdf>
  - USDA-APHIS Highly Pathogenic Avian Influenza (HPAI) Detections in Livestock: <https://www.aphis.usda.gov/livestock-poultry-disease/avian/avian-influenza/hpai-detections/livestock>
  - USDA Detection of Highly Pathogenic Avian Influenza in Dairy Herds: Frequently Asked Questions:
    - English: <https://www.aphis.usda.gov/sites/default/files/hpai-dairy-faqs.pdf>
    - Spanish: <https://www.aphis.usda.gov/sites/default/files/hpai-dairy-faqs-es.pdf>
  - AVMA Avian Influenza: <https://www.avma.org/resources-tools/animal-health-and-welfare/animal-health/avian-influenza>

# Protect Yourself From H5N1 When Working With Farm Animals

H5N1 is a bird flu virus that could make you sick. Wear recommended personal protective equipment (PPE) when working directly or closely with sick or dead animals, animal feces, litter, raw milk, and other materials that might have the virus.

**Wash hands with soap and water, then put on PPE in this order:**

1. Fluid-resistant coveralls
2. Waterproof apron, if needed for job task
3. NIOSH Approved® Respirator (e.g., N95® filtering facepiece respirator or elastomeric half mask respirator)
4. Properly-fitted unvented *or* indirectly vented safety goggles or face shield
5. Head cover or hair cover
6. Gloves
7. Boots

Scan to learn how to put on and take off a respirator

## While wearing PPE

- Use separate designated clean areas, one for putting on PPE and one for taking off PPE.
- Avoid touching your eyes, mouth, and nose after touching any contaminated material.
- Do not eat, drink, smoke, vape, chew gum, dip tobacco, or use the bathroom.

## Follow these steps to safely remove PPE

1. Remove the apron, if worn
2. Clean and disinfect boots
3. Remove boots
4. Remove coveralls
5. Remove gloves
6. Wash hands with soap and water or alcohol-based hand rub
7. Remove goggles or faceshield and then remove respirator
8. Remove head cover or hair cover
9. Wash hands again with soap and water or alcohol-based hand rub

## After removing PPE

- Shower at the end of the work shift.
- Leave all contaminated clothing and equipment at work.
- Watch for symptoms of illness while you are working with potentially sick animals or materials. Continue watching for symptoms for 10 days after finishing working. If you get sick, tell your supervisor and talk with a doctor.

## Reusable and disposable PPE

- While removing PPE, dispose of all disposable PPE appropriately and set aside reusable PPE
- Clean and disinfect reusable PPE after every use

Scan to find more PPE and worker safety information



## Protéjase del virus H5N1 si trabaja con animales de granja

El H5N1 es un virus de la influenza aviar que podría enfermarlo. Use el equipo de protección personal (EPP) recomendado cuando trabaje directamente o cerca de animales enfermos o muertos, heces de animales, arena de cajas sanitarias (litter), leche cruda y otros materiales que podrían tener el virus.

**Lávese las manos con agua y jabón y luego póngase el EPP en este orden:**

1. Overoles resistentes a líquidos.
2. Delantal a prueba de agua, si es necesario para las tareas del trabajo.
3. Respirador aprobado® por NIOSH (p. ej., respirador con pieza facial filtrante N95® o respirador con media máscara elastomérica).
4. Gafas protectoras o protector facial que no tengan canales de ventilación o que tengan ventilación indirecta y se ajusten de manera adecuada.
5. Cubierta para la cabeza o el cabello.
6. Guantes.
7. Botas.

Escanee para saber cómo ponerse y quitarse un respirador

### Mientras tenga puesto el EPP:

- Use áreas designadas para el aseo separadas, una para ponerse el EPP y otra para quitárselo.
- Evite tocarse los ojos, la boca y la nariz después de tocar cualquier material contaminado.
- No coma, beba, fume, vapee, masque chicle, ni masque o chupe tabaco, ni use el baño.

### Siga estos pasos para quitarse el EPP de manera segura:

1. Quítese el delantal, si lo usó.
2. Limpie y desinfecte las botas.
3. Quítese las botas.
4. Quítese el overol.
5. Quítese los guantes.
6. Lávese las manos con agua y jabón o use un desinfectante de manos a base de alcohol.
7. Quítese la cubierta para la cabeza o el cabello.
8. Quítese las gafas protectoras o la máscara protectora facial y luego quítese el respirador.
9. Quítese la cubierta para la cabeza o el cabello.
9. Lávese de nuevo las manos con agua y jabón o use un desinfectante de manos a base de alcohol.

### Después de quitarse el EPP:

- Dúchese al final de la jornada laboral.
- Deje toda la ropa y los equipos contaminados en el trabajo.
- Esté atento a si presenta síntomas de enfermedad mientras trabaje con animales posiblemente enfermos o materiales contaminados. Siga atento por si presenta síntomas en los 10 días después de terminado el trabajo. Si se enferma, avísele a su supervisor y consulte a un médico.

### EPP reutilizable y desechable:

- Mientras se quite el EPP, deshágase de todo lo que sea desechable de manera adecuada y ponga aparte el EPP reutilizable.
- Limpie y desinfecte el EPP reutilizable después de cada uso.

Escanee para encontrar más información sobre el EPP y la seguridad de los trabajadores

