



# Poultry Workers: Protect Yourself From Bird Flu

Bird flu (also known as avian influenza) can be spread among poultry such as chickens, turkeys, and ducks. The H5N1 strain kills most infected poultry.

Bird flu, including H5N1, may also spread to animals and people when they touch feces or other body fluids from infected birds.

**You are at risk of getting bird flu because you work with poultry.**

## Take Precautions

Wear personal protective equipment (PPE) when handling sick or dead poultry.



Safety goggles or face shield



Gloves



Footware and shoe covers



Waterproof overalls



Waterproof apron

Always wash your hands thoroughly with soap and water before putting on and after taking off PPE.

Wash your clothes and disinfect your shoes after handling poultry.

## Symptoms of Bird Flu in People



Red, irritated, or tearing eyes



Cough



Sore throat



Runny or stuffy nose



Fever or chills



Muscle or body aches



Headache



Fatigue



Trouble breathing



Diarrhea

If you have any of these symptoms after handling sick or dead poultry, see your health care provider or call the NYC Health Department at 347-665-0209. Treatments are available.

For help finding a provider, regardless of your immigration or insurance status, call 311 or 844-NYC-4NYC (844-692-4692).



For more information, visit [nyc.gov/health/birdflu](http://nyc.gov/health/birdflu) or scan the QR code.

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