



H5N1 Bird Flu - Protect Yourself When Working with Wildlife

H5N1 bird flu is caused by a virus that can lead to serious illness and death in birds and mammals. While human infection from bird flu viruses is rare, it is possible and can lead to severe illness and even death.

REDUCE YOUR RISK OF GETTING H5N1 BIRD FLU

People who work or have recreational contact with infected birds or mammals are at higher risk of getting bird flu. Consider the following prevention measures:

- Work outdoors or in well-ventilated indoor environments.
- Wash hands after contact with animals or their environments and before taking breaks or eating/drinking.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Wear dedicated work clothing and footwear; launder and keep onsite, if possible.
- Change clothes and footwear and shower after work.
- Use personal protective equipment when handling animals that could be infected with bird flu including a fit-tested N95 respirator, eye protection, gloves, coveralls, and boots or shoe covers.

WILD ANIMALS AT HIGHER RISK OF GETTING BIRD FLU:



SYMPTOMS OF BIRD FLU IN HUMANS

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|--|---------------------------------------|----------------|
| ✓ Coughing | ✓ Eye tearing, redness, or irritation | ✓ Muscle aches |
| ✓ Headaches | | ✓ Pneumonia |
| ✓ Sore throat | ✓ Runny or stuffy nose | ✓ Seizures |
| ✓ Shortness of breath/
difficulty breathing | ✓ Diarrhea | ✓ Fever |

IF YOU HAVE CONTACT WITH A SICK OR DEAD ANIMAL:

- Notify NJDEP Division of Fish and Wildlife of suspect H5N1 bird flu cases in wild birds or other wildlife by calling **1-877-WARNDEP**.
- Monitor yourself for 10 days after you have contact with an animal infected with bird flu.
- Seek health care and notify your local health department if you develop symptoms of H5N1.
- Call your health care provider in advance and notify them of your potential exposure.



For more information, visit:

- nj.gov/health/cd/topics/novel_flu.shtml
- nj.gov/h5n1