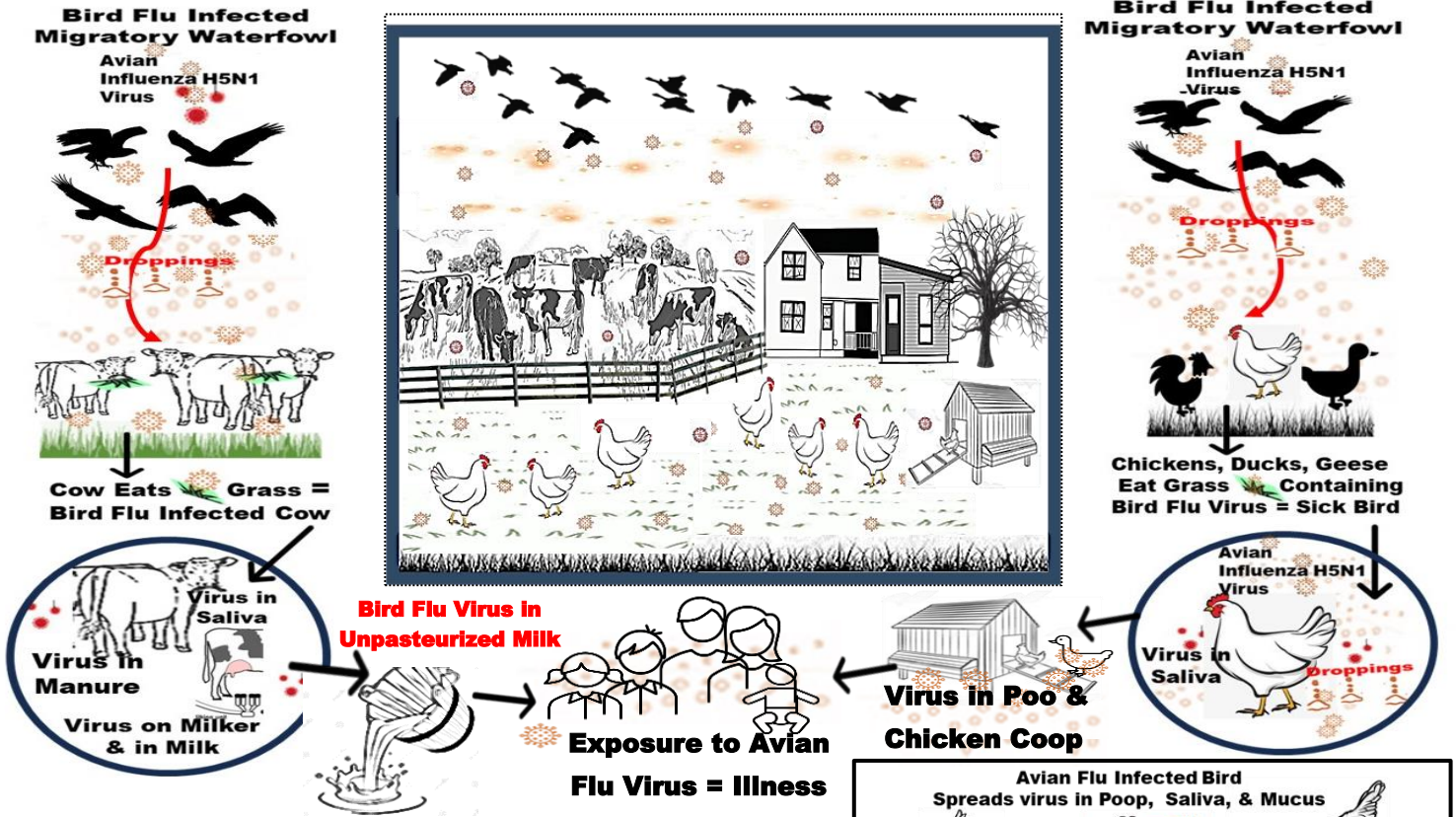


# Avian Influenza (H5N1) Is A Virus That Causes Avian Flu Or “Bird Flu” In Birds, Cows And Other Animals.



**Note!**

Avian Flu Infected Raw Milk

Fox news reported that cats on a dairy farm in Texas died after drinking raw milk from avian flu infected cows as confirmed by a report from the U.S. Centers for Disease Control & Prevention (CDC). <https://www.foxnews.com/health/>

Three U.S. farmworkers were infected with bird flu this spring, after working with cows infected with bird flu. June 28, 2024

**SICK**

**There is no evidence to suggest humans can get bird flu from eggs or beef, if they are thoroughly cooked.**

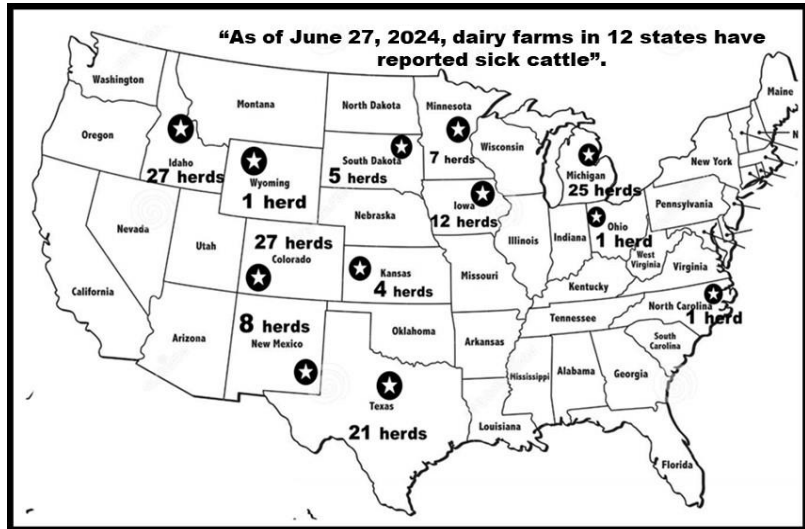
The Food & Drug Administration (FDA) recommends not drinking raw milk. (May) 2024



**Did you know that raw milk can contain harmful bacteria or a virus that can lead to a serious illness including:**

- Salmonella
- E. coli
- Campylobacter
- Staphylococcus aureus
- Yersinia
- Brucella,
- Coxiella
- Listeria
- H5N1 avian flu or bird flu

**On March 25, 2024, the CDC reported the first time that HPAI A(H5N1) bird flu viruses have been found in dairy cows**



**Home pasteurization**

**is a good safeguard against possible risk of illness**

**How to use a double boiler to pasteurize raw milk:**

1. Put water in the bottom pan & bring it to boiling
2. Pour raw milk into the top pan
3. Heat while string constantly
4. Use a candy thermometer to know when the temperature reaches 165° F
5. Keep the temperature @ 165 degrees for 15 seconds
6. Now set the pan of hot milk in a container of cold water & add ice
7. Continue to stir until the milk is cold, then store in the refrigerator

Home Pasteurization of Raw Milk SP 50-932 | OSU Extension Service | [oregonstate.edu](http://oregonstate.edu)

Avian Influenza (H5N1), also known as “bird flu,” is severe & highly contagious in birds. When spread to domestic poultry, like chickens or turkeys, H5N1 can be deadly & wipe out entire flocks in just days.

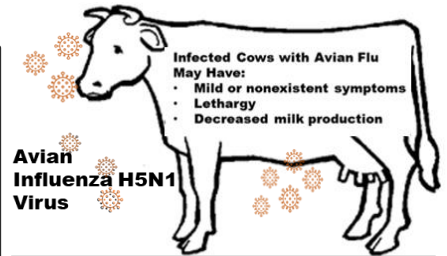
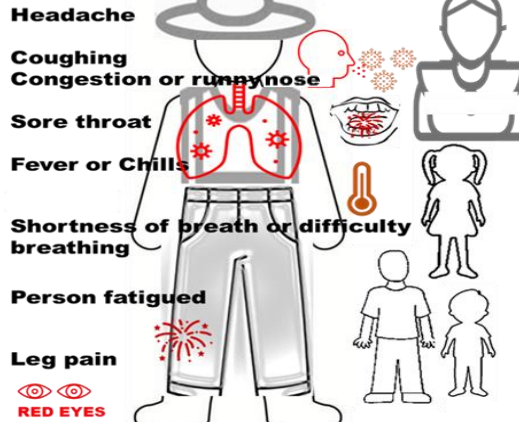
Avian Flu or “Bird Flu” is a Virus.  
Watch for signs of illness:

- ↑ Bird Deaths
- Coughing, sneezing
- Green diarrhea
- Not eating
- Very lethargic
- Low egg production



## Watch For Symptoms of Illness!

Symptoms of avian influenza in people include:



Those likely to become seriously ill if infected with “bird flu” include:

- Children under 5
- Adults over 65
- Expecting
- Decreased immunity due to chronic illness

### Germ:

- Are tiny living things (bacteria, viruses, fungi)
- Are so tiny we cannot see them except under a microscope
- Live on hands, in the air, on plants, animals, & surfaces
- Can cause people & animals to get sick
- Can be stopped by SOAP & WATER



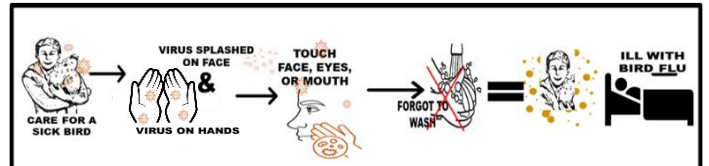
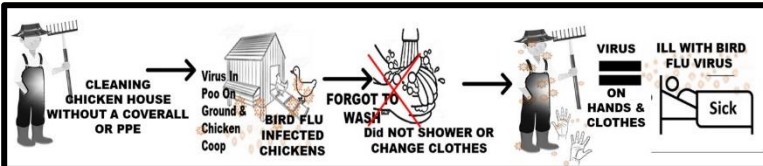
## Protect Livestock & Family from Illness or Spread of Diseases: Implement a Biosecurity Plan

### Prevent The Spread Of “Bird Flu” Virus:

- ✓ Watch for signs of illness—people, chickens, & animals
- ✓ See a doctor if you or a family member has flu symptoms
- ✓ If birds or cows show symptoms—call a vet
- ✓ Wash your hands before & after working with birds or livestock
- ✓ Use foot baths when entering & leaving bird housing or use boot covers
- ✓ Use PPE to prevent getting sick or picking up germs on hands or clothes that can be spread to others
- ✓ Prevent visitors from tracking germs onto your farm by limiting access
- ✓ Keep chickens & livestock in separate areas
- ✓ Protect poultry from exposure to wild bird droppings
- ✓ Eliminate standing water
- ✓ Think—“Germs Are Everywhere”

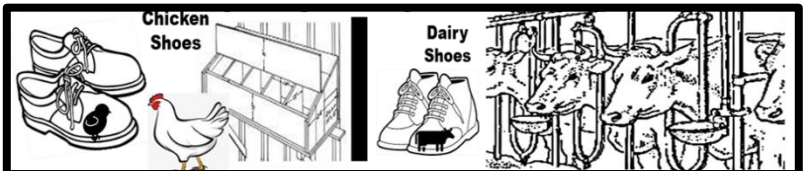
### How To Protect You & Your Family:

- Wash hands thoroughly **MANY TIMES A DAY**—After touching sick birds/cows & before eating
- Try not to touch eyes, face, mouth
- Wear (PPE) working with sick/dead birds, cows or handling milk, feces, contaminated surfaces, cleaning milk cans, & equipment



### Biosecurity needed on chicken & dairy farms:

- Biosecurity practices must be increased
- Separation is key—use different workers for poultry & dairy
- If workers are crossing into both areas, then different footwear for poultry & dairy must be used



### Health Information & Other Resources

What to do if someone is exposed to bird flu:

- Farm workers should inform their employer & the local health department
- Follow instructions from the local health department
- Call for a medical appointment—alert them to possible bird flu infection
- Monitor symptoms for 10 days after exposure
- Stay away from other people as much as possible
- Wear a mask to decrease spread of avian flu virus to others

### NYS County Health Department Listings

[www.nyscho.org/directory/](http://www.nyscho.org/directory/) or 518-456-7905

### NY Center for Agricultural Medicine & Health (NYCAMH)

[www.nycamh.org](http://www.nycamh.org) or 800-343-7527