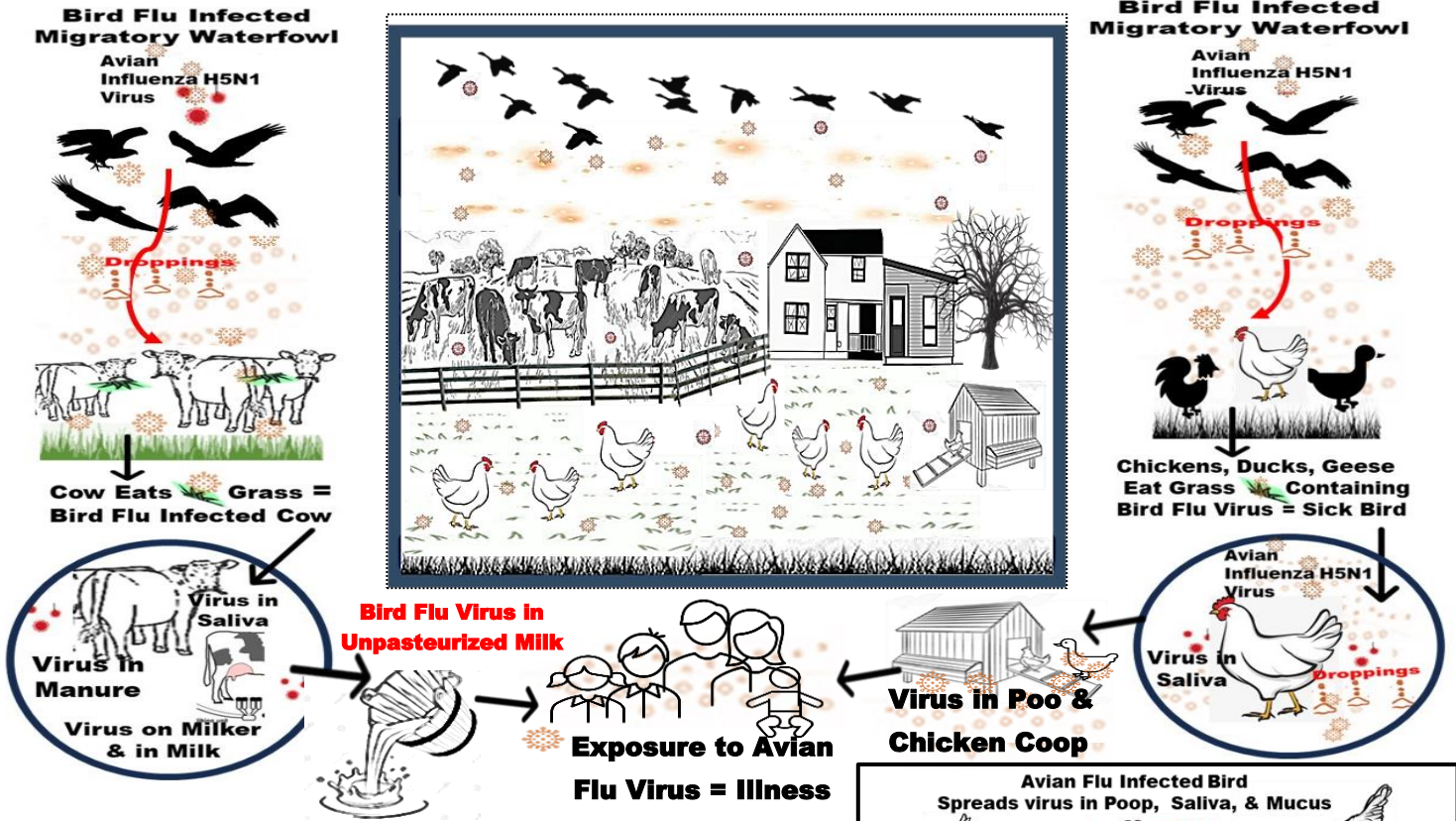


Avian Influenza (H5N1) Is A Virus That Causes Avian Flu Or “Bird Flu” In Birds, Cows And Other Animals.



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.

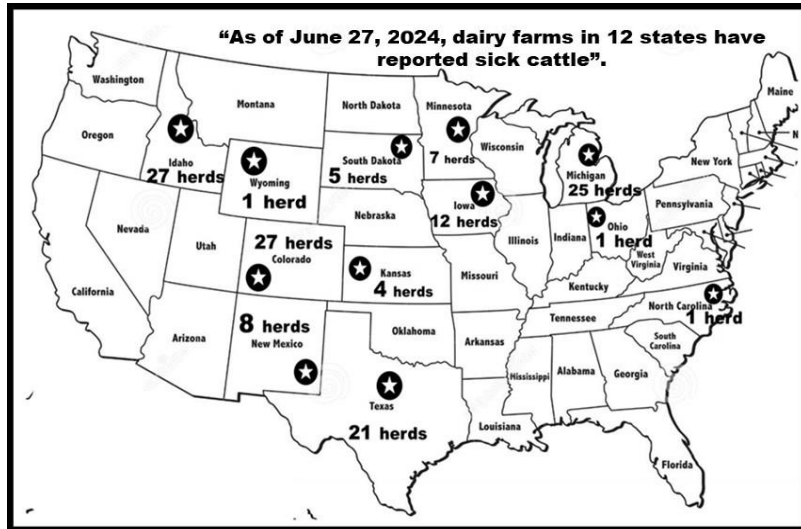
The Food & Drug Administration (FDA) recommends not drinking raw milk. (May) 2024



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

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:

Headache

Coughing
Congestion or runny nose

Sore throat

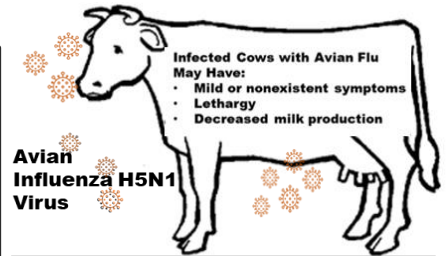
Fever or Chills

Shortness of breath or difficulty breathing

Person fatigued

Leg pain

RED EYES



Germs:

- ❖ 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



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



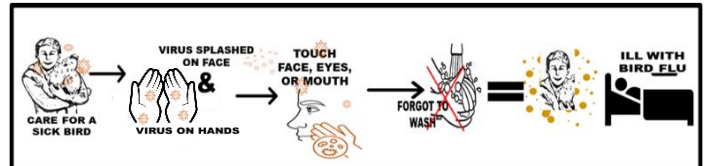
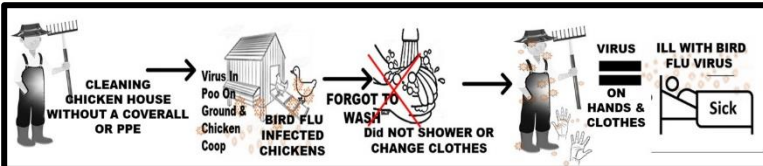
Protect Livestock & Family from Illness or Spread of Diseases: Implement a Biosecurity Plan

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”

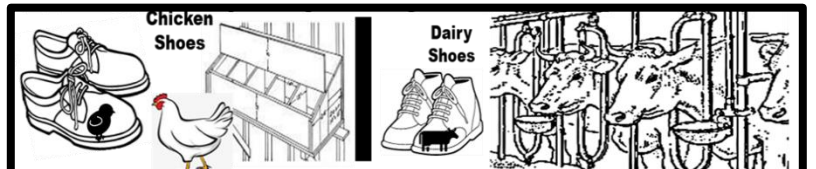
How To Protect You & Your Family:

- 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
- Protective (PPE):**
- Fluid-resistant coveralls
 - Waterproof apron
 - Respirator
 - Safety goggles/face shield
 - Head/hair cover
 - Gloves
 - Boots.



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

For questions about the bird flu or about how to get tested:

- In PA, report a public health emergency— (available 24/7): 1-877-PA-HEALTH (1-877-724-3258)
- Report suspected HPAI signs—PA Department of Agriculture at 717-772-2852

Other Resources

small flock - avian flu - worker health (umn.edu)

<https://www.cdc.gov/bird-flu/spotlights/bird-flu-update-052424.html>