



Protect Yourself Avian Flu General Precautions

Avian flu is a viral disease and it can be very contagious and even deadly in poultry (e.g., chickens). Of great concern are the highly pathogenic avian influenza (HPAI) H5N1 viruses that have killed millions of birds and infected humans in other countries. If these viruses are detected in the U.S. or if you travel on work assignments or are employed in countries that have HPAI H5N1 outbreaks, take appropriate precautions.

Avian Flu Symptoms in Humans

Range from fever, cough, sore throat and muscle aches; to diarrhea, eye infections, pneumonia and severe respiratory diseases. The symptoms of avian influenza may depend on which virus caused the infection but are often similar to those associated with human seasonal influenza.

How Humans Are Infected

- Contact with sick poultry or surfaces soiled with discharges from their mouths or beaks, or with feces.
- Inhaling contaminated particles from poultry.

Treatment

Some prescription antiviral drugs may be effective.

General Precautions

- Wash hands thoroughly and frequently, for 15-20 seconds, preferably with soap and water.
- Avoid contact with possibly infected poultry.
- Avoid consuming uncooked or undercooked poultry or poultry products.

Precautions When Exposed

- Use appropriate personal protective equipment (PPE):
 - ◆ Disposable gloves or gloves that can be disinfected;
 - ◆ Protective clothing (long-sleeved coveralls with a water-proof apron);
 - ◆ Disposable shoe covers or those that can be disinfected;
 - ◆ Safety goggles; and
 - ◆ Wear at least the minimum level of respiratory protection, N95 or higher respirator.
- Employees should remove all PPE at work to avoid taking contaminated items home.

Additional Guidance

- Get the seasonal flu vaccine.
- If you develop flu-like symptoms, stay at home except to get medical attention.

For more complete information:

 Occupational
Safety and Health
Administration
U.S. Department of Labor
www.osha.gov (800) 321-OSHA

OSHA 3306-10-06



Protect Yourself Avian Flu Poultry Employees

Avian flu is a viral disease and it can be very contagious and even deadly in poultry (e.g., chickens). Of great concern are the highly pathogenic avian influenza (HPAI) H5N1 viruses that have killed millions of birds and have infected humans in other countries. If these viruses are found in the U.S., take appropriate precautions if you are involved in poultry destruction.

Signs of Avian Flu Illness in Birds

Sudden death, lack of energy, appetite, and coordination, purple discoloration and/or swelling of various body parts, diarrhea, nasal discharge, coughing, sneezing, and reduced egg production and/or soft-shelled or misshapen eggs.

Avian Flu Symptoms in Humans

Range from fever, cough, sore throat and muscle aches; to diarrhea, eye infections, pneumonia and severe respiratory diseases. The symptoms may depend on which virus caused the infection but are often similar to those of human seasonal influenza.

When Engaged in Eradication Activities

- Clean your hands often and thoroughly, preferably using soap and water for 15-20 seconds (or a waterless, alcohol-based hand rub when soap is not available), especially if you are handling poultry or poultry products.
- Wear lightweight, disposable gloves or heavy-duty rubber work gloves that can be disinfected. Avoid touching your face with gloved hands.
- Wear disposable outer garments, coveralls or surgical gowns with long, cuffed sleeves and with a sealed apron.
- Wear disposable shoe covers or boots that can be cleaned and disinfected.
- Wear safety goggles and disposable head or hair cover.
- Wear at least the minimum level of respiratory protection, N95 or higher respirator.
- Avoid eating, drinking, smoking and bathroom use while wearing personal protective equipment.

Additional Guidance

- Get the seasonal flu vaccine.
- Have your health care provider prescribe an adequate supply of antivirals during poultry destruction activities and for 5 days after it ends.
- If you develop flu-like symptoms, stay at home except to get medical attention.

For more complete information:

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Administration
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Protect Yourself Avian Flu Healthcare Workers

Avian flu is a viral disease and it can be very contagious and even deadly in poultry (e.g., chickens). Of great concern are the highly pathogenic avian influenza (HPAI) H5N1 viruses that have killed millions of birds and infected humans in other countries. If these viruses are detected in the U.S., take appropriate precautions. In addition, patients who have traveled within 10 days in a country with avian flu activity and who are hospitalized with a severe feverish respiratory illness, or who are otherwise being evaluated for avian flu, should be isolated using the following precautions.

Standard Precautions

- Wash hands carefully for 15-20 seconds before and after all patient contact, or contact with surfaces potentially contaminated with respiratory secretions.

Contact Precautions

- Use gloves and gown for all patient contact.
- Use disposable equipment (blood pressure cuffs, thermometers) or equipment that can be disinfected before use with another patient (e.g., stethoscopes).

Droplet Precautions

- Wear goggles/face shields within 3 feet of the patient.

Airborne Precautions

- The patient should be placed in an airborne infection isolation room.
- If such a room is unavailable, portable HEPA filters should be used.
- Use at least a disposable N95 respirator when in the isolation room or other room containing the patient and especially when engaged in high-risk aerosol generating procedures.

Transmission Prevention Strategies

- Group infected patients in the same room if private rooms are not available.
- Minimize transportation of patients outside the room.
- Limit the number of employees caring for patients.
- Limit the number of visitors to patients.

Additional Guidance

- Get the seasonal influenza vaccine. If you develop flu-like symptoms, stay at home except to get medical attention.
- Avian and human flu symptoms are similar.

For more complete information:

 Occupational
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Administration
U.S. Department of Labor
www.osha.gov (800) 321-OSHA

OSHA 3308-10-06



Protect Yourself Avian Flu Animal Handlers (Not Poultry Employees)

Avian flu is a viral disease and it can be very contagious and even deadly in poultry (e.g., chickens). Of great concern are the highly pathogenic avian influenza (HPAI) H5N1 viruses that have killed millions of birds and infected humans in other countries. If these viruses are found in the U.S., take appropriate precautions. If birds or other animals (e.g., cats, civets, ferrets, pigs, dogs, and stone martens can become infected) are suspected of being HPAI H5N1-infected, immediately notify Federal or state animal health officials.

Signs of Avian Flu Illness in Birds

Sudden death, lack of energy, appetite and coordination, purple discoloration and/or swelling of various body parts, diarrhea, nasal discharge, coughing, sneezing, and reduced egg production and/or abnormal eggs.

Avian Flu Symptoms in Humans

Range from fever, cough, sore throat and muscle aches; to diarrhea, eye infections, pneumonia and severe respiratory diseases. The symptoms of avian influenza may depend on which virus caused the infection but are often similar to those associated with human seasonal influenza.

Basic Control Measures

- Wash hands thoroughly and frequently, preferably with soap and water for 15-20 seconds.
- Clean and disinfect any suspected infected areas.
- Get informed about avian flu.

Precautions When Working with Potentially Infected Animals

Wear appropriate, preferably disposable, personal protective equipment (PPE); or wear equipment that can be disinfected:

- Gloves. • Shoe covers. • Safety goggles.
- Outer garments with a waterproof apron.
- Wear at least the minimum level of respiratory protection, N95 or higher respirator.
- While wearing PPE, avoid eating, drinking and smoking.

Additional Guidance

- Get the seasonal influenza vaccine.
- If you develop flu-like symptoms, stay at home except to get medical attention.

For more complete information:

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Administration
U.S. Department of Labor
www.osha.gov (800) 321-OSHA

OSHA 3309-10-06



Protect Yourself Avian Flu Food Handlers

Avian flu is a viral disease and it can be very contagious and even deadly in poultry (e.g., chickens). Of great concern are the highly pathogenic avian influenza (HPAI) H5N1 viruses which have killed millions of birds and infected humans in other countries. If these viruses are found in the U.S. or if you are a U.S. employee working in a country known to have HPAI H5N1 outbreaks, take appropriate precautions.

Avian Flu Symptoms in Humans

Range from: fever, cough, sore throat and muscle aches; to diarrhea, eye infections, pneumonia and severe respiratory diseases and; other severe and life-threatening complications. The symptoms of avian influenza may depend on which virus caused the infection and may be similar to those of seasonal human influenza.

Virus Survival and Destruction

- Avian flu virus survives indefinitely while frozen and remains infectious.
- The virus is destroyed by adequate heat, i.e., when raw poultry products are cooked to 165°F throughout.
- Eating properly handled and cooked poultry and eggs is safe.

Preventing Exposure

- Destroy infected poultry before it enters the food chain.
- Avoid inhaling contaminated particles from poultry.

General Precautions for Food Processors and Preparers

- Separate raw and cooked foods and use different chopping boards or utensils for each.
- Wash hands thoroughly (for 15-20 seconds) and frequently, preferably with soap and water after each handling of raw poultry products and eggs.
- Avoid touching your mouth, nose or eyes while handling raw poultry products.
- Cook all poultry products to a minimum temperature of 165°F throughout.
- After cooking poultry, place it on a clean plate or surface.

Additional Guidance

- Get the seasonal influenza vaccine. If you develop flu-like symptoms, stay at home except to get medical attention.

For more complete information:

 Occupational
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Administration
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www.osha.gov (800) 321-OSHA

OSHA 3310-11-06



Protect Yourself Avian Flu Laboratory Employees

Avian flu is a viral disease and it can be very contagious and even deadly in poultry (e.g., chickens). Of great concern are the highly pathogenic avian influenza (HPAI) H5N1 viruses that have killed millions of birds and infected humans in other countries. If these viruses are found in the U.S., take appropriate precautions

Avian Flu Symptoms in Humans

Range from fever, cough, sore throat and muscle aches; to diarrhea, eye infections, pneumonia and severe respiratory diseases. The symptoms of avian influenza may depend on which virus caused the infection but are often similar to those associated with human seasonal influenza.

Precautions for Lab Employees

HPAI H5N1 is classified as a select agent and must be worked with under Biosafety Level (BSL) 3 with enhancements. These conditions include BSL 3 procedures plus the following:

- controlled access, double-door entry with change room and shower;
- use of showers by personnel before exiting;
- decontamination of all wastes; and
- use at least an N-95 respirator.

Key Considerations

- Virus culture studies on respiratory specimens from patients suspected of having HPAI H5N1 infections should NOT be attempted except under stringent BSL 3 conditions with enhancements.
- If a clinical laboratory does not have appropriate facilities (BSL 3 laboratories with enhancements), virus isolations should not be ordered for patients suspected of having HPAI H5N1 infection.
- Molecular assays (e.g., RT-PCR) or commercial antigen detection testing can be conducted on clinical specimens from suspect HPAI H5N1 cases using standard BSL 2 work practices.

Additional Guidance

- Get the seasonal flu vaccine.
- If you develop flu-like symptoms, stay at home except to get medical attention.

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