

# Protect Yourself Against Illness from Cattle



## Wear Gloves

Hand hygiene is the #1 way to prevent infections. Wash your hands and change gloves between activities



## Wear Overalls

Overalls/coveralls are easy to clean between activities



## Clean your boots

Clean your boots or wear boot covers to prevent the spread of germs when walking into other areas

## Wash your hands and clean/disinfect PPE

- After any contact with animals or animal products (milk)
- Before traveling to another farm
- Before eating, drinking, or taking a break
- Before touching your face

Wash your hands with **soap and water**. Scrub the backs of your hands, between your fingers and under your nails for at least 20 seconds.



**Protect your family** by changing clothes and washing your hands thoroughly before you go home.

## Additional Precautions to Protect You Against Avian Flu:



## Protect your eyes and mouth

A face shield or goggles can protect you from splash and respiratory droplets

## Let your health department know if you have symptoms.

Symptoms may include, but are not limited to:

- Conjunctivitis (redness, itching of eye)
- Fever
- Cough
- Sore throat
- Go to the hospital immediately if you have shortness of breath or difficulty breathing

Use the QR code to see more ways to protect yourself and your family

