

Novel and Variant Flu Guidance for Farmworkers

If you work with farm animals, you may be exposed to novel flu viruses.



Protect Yourself

You can get sick if you come into contact with sick animals, their manure, or bodily fluids (e.g. nasal discharge, unpasteurized milk). Protect yourself with these tips, especially around sick animals:



Wear protective equipment.



Wash your hands with soap and water.



Clean and disinfect protective equipment.



Do not touch your eyes, nose, and mouth with dirty hands.



Do not drink raw or unpasteurized animal products.

If you worked with sick animals and you feel sick



911

Call 911 if you are having a medical emergency



Contact public health for help with testing and treatment



Stay home to prevent the spread of germs

Please contact your local health department or the Communicable Disease Branch Epi On-Call 24/7 at 919-733-3419



Symptoms

Watch for these symptoms if you have been around a sick animal:



RED EYES



COUGH



FEVER



SHORTNESS OF BREATH



SORE THROAT



SNEEZING



RUNNY NOSE



DIARRHEA



FATIGUE



SEIZURES



RASH



VOMITING



NAUSEA



SORE MUSCLES



HEADACHE

