

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



Have Clean 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 (e.g. 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

Face protection such as 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

