

Public Health Toolkit for Avian Influenza

The following pages contain a series of factsheets containing educational materials for poultry producers, responders, and anyone who may have been exposed to a zoonotic (or potentially zoonotic) strain of Avian Influenza (AI). Avian Influenza A viruses do not normally infect people. However, sometimes influenza A viruses that normally infect poultry and can spread among birds can cross over and cause illness in another species, including humans. Rarely, human infections with AI viruses can happen when virus in the air from droplets or dust is inhaled or ingested by a person in close contact with affected poultry or an avian influenza A virus contaminated environment. The spread of AI viruses from one sick person to another has been reported very rarely, but because avian influenza A viruses could change and gain the ability to spread easily between people, monitoring for human infection is very important. The following factsheets should be customized to include contact information for the Department of Public Health in your state. More information can be found at the Centers for Disease Control and Prevention website: <https://www.cdc.gov/flu/avianflu/avian-in-humans.htm>.



BACKGROUND ON HUMAN HEALTH RISKS ASSOCIATED WITH AVIAN INFLUENZA

- **What is Avian Influenza?**
 - Avian Influenza, or AI, is a virus that is spread easily between birds, and can make them very sick.
- **Should I be worried about my health if I am exposed to poultry on a farm infected with Avian Influenza?**
 - Although rare, Avian Influenza virus may spread to humans.
 - Some people are at higher risk for infection with Avian Influenza virus, including people who are pregnant, have weakened immune systems, or are more than 65 years old.
- **How might I get Avian Influenza virus?**
 - The virus is shed in the saliva, mucous, and feces of infected birds.
 - Most commonly, infection occurs through direct contact between infected birds and people. Occasionally, people may also become infected if enough virus gets into their eyes, nose, or mouth; or if they inhale the virus.
- **How can I protect myself from getting sick?**
 - Infection is rare if proper PPE is used. Persons working with infected birds should follow proper PPE recommendations.
 - Public Health will also be working with you and may require monitoring of your health. You may also be advised to take an antiviral, such as Tamiflu. It is important that you follow all public health guidance to keep yourself healthy.
- **What is the risk to my family?**
 - Occasionally, Avian Influenza viruses can change, and may gain the ability to spread from person to person. Usually, infections are not sustained and are self-limiting.

For more information, contact your state's Department of Public Health
Phone: _____



WHAT POULTRY PRODUCERS CAN DO TO PREPARE FOR AN AVIAN INFLUENZA OUTBREAK

WHAT YOU CAN DO TO PREPARE FOR A POSSIBLE AVIAN INFLUENZA OUTBREAK ON YOUR FARM:

- Educate your employees on:
 - What would happen in an Avian Influenza outbreak
 - Why they should be concerned with protecting their own health during an Avian Influenza outbreak
 - How to prevent spreading the virus from birds to people
 - How to properly use Personal Protective Equipment (PPE), including how to don (put on) and doff (remove) it, and proper disposal of PPE
- Ensure access to PPE for yourself and your employees
 - Make sure to include access to N-95 respirators that have been properly fit tested for your employees
- Encourage your employees to get a seasonal flu vaccine, which may help reduce chances of infection or severity of symptoms

For more information, contact your state's Department of Public Health
Phone: _____



WHAT POULTRY PRODUCERS MAY EXPECT FROM PUBLIC HEALTH DURING AN AVIAN INFLUENZA OUTBREAK

WHAT YOU CAN EXPECT FROM PUBLIC HEALTH:

- State and Local Public Health may provide education on the possible human health impacts of the influenza strain found on your farm.
- Public Health may provide recommendations for use of personal protective equipment (PPE).
- Public Health may monitor your and your workers' health via call, text messaging, or email for ten days after the last unprotected exposure to sick birds and/or contaminated areas to ensure everyone stays healthy.
- Public Health may provide a 24/7 phone number to call if illness begins or if there are any questions (if illness begins public health will help determine whether you should be tested and make treatment recommendations).

WHAT PUBLIC HEALTH WILL EXPECT FROM YOU:

- Public Health may require a list of people working on the infected farm (including volunteers, family members, and paid employees).
- Public Health will expect people working on the infected farm to cooperate with health monitoring.
- Public Health expects to be notified of all illness.

For more information, contact your state's Department of Public Health
Phone: _____



SYMPTOMS OF AVIAN INFLUENZA IN PEOPLE

Anyone exposed to an infected farm (including volunteers, family members, and paid employees) should monitor their health for the following symptoms:

- Fever
- Cough
- Shortness of breath
- Sore throat
- Muscle aches
- Conjunctivitis (redness, swelling, and pain in the eyes and eyelids)
- Diarrhea

Monitoring for these symptoms should continue until 10 days after the last time you were in contact with the infected farm.

If you get any of these symptoms, call your state's Department of Public Health:

- **Phone during business hours:** _____
- **Phone after hours (ask for public health):** _____

If you develop serious symptoms, seek emergency care immediately and tell them that you have been exposed to Avian Influenza.

For more information, contact your state's Department of Public Health
Phone: _____

Personal Protective Equipment (PPE) Recommendations for All Persons Working on Farms Infected with Avian Influenza*



**PERSONAL PROTECTIVE EQUIPMENT
RECOMMENDATIONS FOR ALL PERSONS WORKING
ON FARMS INFECTED WITH AVIAN INFLUENZA**

- Know how to properly put on and remove PPE in the correct order:

DONNING: 1. Tyvek suit 2. Boots 3. Respirator 4. Goggles 5. Gloves				DOFFING: 1. Boots 2. Gloves 3. Goggles 4. Respirator 5. Tyvek suit
--	---	---	--	--

- Make sure you are wearing the correct PPE:
 - Gloves
 - Tyveks
 - Boots or boot covers
 - Head or hair covers
 - Safety goggles
 - Face shield
 - N-95 respirator (special mask needed for avian influenza)

PPE should be disposable OR able to be disinfected.

- You can purchase PPE at farm supply stores, home improvement stores, or via distributors.
- Know how to properly dispose of used PPE.
- Shower at the end of the work shift.
- Leave all contaminated clothing and equipment at the site.

For more information about PPE visit:
<https://www.cdc.gov/niosh/docs/2008-128/pdfs/2008-128.pdf>

For more information, contact your state's Department of Public Health
Phone: _____

*Appropriate procedures for donning (putting on) and doffing (taking off) PPE should be followed to ensure AI virus is not carried off of the premises; individuals should follow site-specific protocols and biosecurity procedures. More information can be found at: <http://www.cfsph.iastate.edu/Emergency-Response/Just-in-Time/04-PPE-Donning-HANDOUT.pdf> and <http://www.cfsph.iastate.edu/Emergency-Response/Just-in-Time/04-PPE-Doffing-HANDOUT.pdf>.



ANTIVIRAL RECOMMENDATIONS FOR PERSONS WORKING ON FARMS INFECTED WITH AVIAN INFLUENZA

- Antiviral medication may be given to anyone exposed to an infected farm (including volunteers, family members, and paid employees) to prevent infection with influenza.
- If you have been exposed to Avian Influenza, talk to your healthcare provider. He or she will decide if you need antiviral medication.
- Your healthcare provider will want to know if you have any health conditions, since some conditions may increase your risk of complications from avian influenza infection.
- The risk of complication from avian influenza infection may be higher in young children (under two years old), adults over 65 years old, and women who are pregnant or have recently been pregnant.
- Antivirals are not routinely recommended for persons who used proper PPE or who are involved in culling non-infected birds.
- If your healthcare provider recommends antiviral medication for you, you should take it for five days from the last known exposure.
- Antiviral medications for prevention of influenza include oseltamivir (Tamiflu), which is taken by mouth, or zanamivir (Relenza), which is inhaled.

For more information, contact your state's Department of Public Health
Phone: _____