

# AVIAN INFLUENZA (AVIAN FLU) PRODUCER INFORMATION



You are being given this information because avian influenza virus (“avian flu”) has been detected at or near your operation. Some avian influenza viruses can cause illness in people ranging from mild to severe. While human illness due to avian flu is rare, we want you to be aware of the possibility and give you instructions on how to protect your workers.

## PREVENTION MEASURES

To reduce their risk of avian flu, poultry workers and responders should do all of the following:

- Wash hands with soap and water thoroughly and frequently. An alcohol-based hand rub may be used if soap and water are not available.
- Avoid unprotected direct physical contact with sick birds, poultry carcasses, and poultry feces or litter.
- Wear recommended personal protective equipment (PPE) when in direct contact with sick live birds, poultry carcasses, and poultry feces or litter.
- Shower at the end of the work shift and leave all contaminated clothing and equipment at work. Never wear contaminated clothing or equipment outside the work area.
- Get the seasonal flu vaccine.

### RECOMMENDED PPE

- NIOSH-approved N95 respirator
- Safety goggles
- Disposable gloves
- Disposable fluid-resistant coveralls
- Disposable shoe covers
- Disposable head or hair covers

### ADDITIONAL OPTIONS

- Heavy-duty rubber work gloves
- Rubber apron
- Rubber boots



## N95 RESPIRATORS

Workplaces requiring N95 respirator use must have a respiratory protection program in accordance with Occupational Safety and Health Administration (OSHA) Respiratory Protection standard (29 CFR 1910.134).

Workers that will wear N95 respirators must be medically cleared, trained, and fit-tested for respirator use.

## PERSONAL PROTECTIVE EQUIPMENT (PPE)

All PPE should be used in accordance with OSHA regulations (29 CFR 1910 Subpart I: Personal Protective Equipment). Workers must receive training on and demonstrate an understanding of the proper use of PPE as well as its limitations.

- PPE should be donned (put on) and doffed (taken off) in separate clean areas.
- Avoid touching the eyes, mouth, and nose while wearing PPE.
- Do not eat, drink, smoke, or use the bathroom while wearing PPE.
- PPE should be removed in the following sequence:
  1. Remove and dispose of the apron, if worn
  2. Clean and disinfect boots.
  3. Remove boots.
  4. Remove and dispose of the coverall.
  5. Remove and dispose of gloves.
  6. Wash hands with soap and water.
  7. Remove goggles and respirator.
  8. Clean and disinfect reusable goggles and respirator.
  9. Wash hands with soap and water again.



If a worker becomes ill  
after poultry exposure:

**CALL 1-800-633-1735**

## PUBLIC HEALTH MONITORING OF EXPOSED WORKERS

The state or local health department may require that workers who have had contact with birds potentially infected with avian flu virus be monitored for 10 days after their last exposure. Please keep track of the workers who have been exposed and be ready to provide this information to the state or local health department upon request. If you receive a report that an exposed worker has developed flu-like illness, please immediately contact the Arkansas Department of Health at 1-800-633-1735.

Information on respiratory protection programs, including fit testing procedures, can be accessed at [www.osha.gov/etools/respiratory-protection](http://www.osha.gov/etools/respiratory-protection).



# AVIAN INFLUENZA (AVIAN FLU) WORKER TRACKING SHEET



The state or local health department may require that workers who have had contact with birds infected with avian flu virus be monitored for 10 days after their last exposure. Please keep track of the workers who have potentially been exposed and be ready to provide this information to the state or local health department upon request. If you receive a report that an exposed worker has developed flu-like illness, please immediately contact your state or local health department.

Record contact information below for any workers who entered the poultry house, **starting two days prior to onset of illness in the birds.**

First Name	Last Name	Email Address	Phone

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Information on respiratory protection programs, including fit testing procedures, can be accessed at [www.osha.gov/etools/respiratory-protection](http://www.osha.gov/etools/respiratory-protection).



# ANIMAL HEALTH EMERGENCY MENTAL HEALTH RESOURCES



Animal health emergencies affecting food animal production operations can increase stress in farming communities. If you notice that it has become more difficult for you to care for yourself, your family, or your animals, or, if you notice changes in your sleeping patterns (too little or too much), withdrawing from friends, overwhelming feelings of sadness, consider turning to a friend, clergy member, or medical provider for help.

If you are in imminent danger, please get immediate emergency assistance by dialing 911.

If you are experiencing hopelessness, helplessness, withdrawing from friends and family, loss of interest in things that once made you happy, having suicidal thoughts, or just simply need to talk to someone, please contact:



## ARKANSAS LIFELINE CALL CENTER

The Arkansas Department of Health operates the Arkansas Lifeline Call Center, which is a part of the National Suicide Prevention Lifeline. The line is answered in-state from area codes 501, 870, & 479 to better serve Arkansans with resources in their community 24/7. If you or someone you know, needs help, please call the **Arkansas Lifeline Call Center: at 988.**



[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



## CONCERNED ABOUT SOMEONE YOU KNOW?

- Actively listen.
- Show empathy.
- Be prepared for conflict.
- Call or text to check on them.
- Offer the person help and hope.



Farm Aid connects farmers with helpful services, resources and opportunities specific to their individual needs. You may contact Farm Aid's Farmer Services team by filling out the Online Request for Assistance form.

You may also call the Farmer Hotline for immediate assistance. The hotline is answered Mon-day through Friday from 9 a.m. to 10 p.m. Eastern time.

1-800-FARM-AID (1-800-327-6243)

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If you or someone you know is experiencing a mental health crisis, please call the Arkansas Lifeline Call Center at **988.**

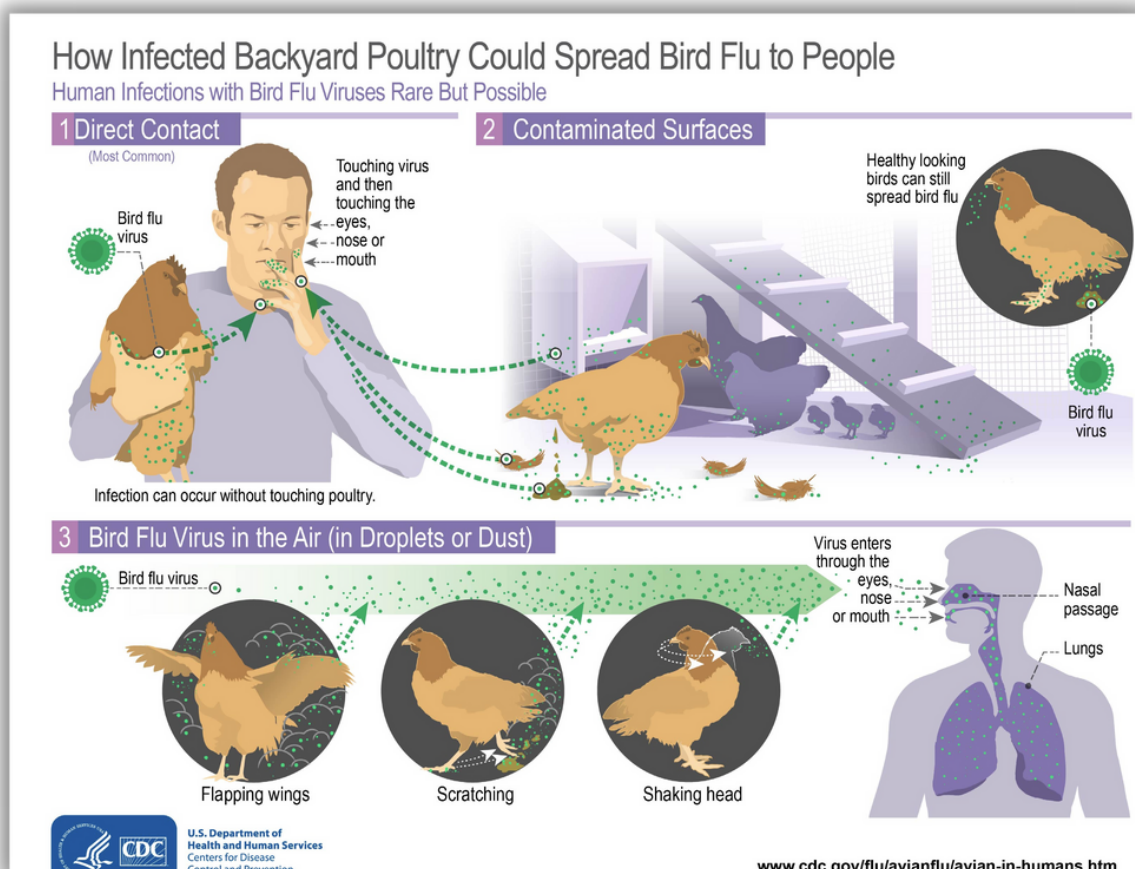
# AVIAN INFLUENZA (AVIAN FLU) POST-EXPOSURE INFORMATION



You are being given this information because you were recently around birds infected, or suspected to be infected, with avian influenza virus (“avian flu”). Some avian influenza viruses can cause illness in people ranging from mild to severe. While human illness due to avian flu is rare, we want you to be aware of the possibility and give you instructions on how to monitor your health.

## HOW INFECTED BIRDS COULD SPREAD AVIAN FLU TO PEOPLE

Infected birds shed avian flu virus in their saliva, mucus, and feces. Human infections can occur when a large amount of the virus is inhaled or gets into a person’s eyes, nose or mouth. This can happen when virus is in the air (in droplets or dust) and a person breathes it in, or when a person touches something that has virus on it and then touches their mouth, eyes or nose.



## WHAT WE ARE ASKING YOU TO DO

Monitor yourself for signs of illness for 10 days after your last exposure and report any signs of illness to the ADH who will help ensure you receive prompt medical evaluation, possible testing for avian flu, and appropriate treatment.

## MONITOR FOR SYMPTOMS FOR 10 DAYS

Monitor yourself daily for the signs and symptoms of avian flu during your exposure period and for 10 days afterwards (see box at right).

You should observe your health daily even if you carefully followed all guidelines and instructions for properly putting on and taking off personal protective equipment (PPE) and maintaining biosecurity precautions.

Re-start your 10-day monitoring period from Day One if you are around potentially infected birds again.

## THINGS TO REMEMBER

- The state or local health department will contact you by phone, email or text during your monitoring period. We appreciate your cooperation with this process.
- If you develop any of the signs or symptoms above, immediately call the state or local health department. We want to hear from you, even if it turns out to be a ‘false alarm.’
- If you don’t have any of the symptoms (in the box to the right), then you can pursue your normal activities without any restrictions during your monitoring period.
- If you develop symptoms, the state or local health department may ask you to stay home and limit contact with others as much as possible until you can be tested for avian flu.
- To test for avian flu, a doctor or nurse will collect a sample from you by swabbing your nose and/or throat.
- If you develop symptoms, a doctor may prescribe you an antiviral medication that is used for treatment of flu. It is important to follow the directions for taking the medication.

## SIGNS AND SYMPTOMS

- Fever ( $\geq 100^{\circ}\text{F}$  [ $37.8^{\circ}\text{C}$ ])
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Sneezing
- Shortness of breath
- Eye irritation
- Diarrhea
- Nausea or vomiting
- Fatigue
- Muscle or body aches
- Rash
- Headaches



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For additional information on avian flu: <https://www.cdc.gov/flu/avianflu>



# AVIAN INFLUENZA (AVIAN FLU) SYMPTOM LOG SHEET



Monitor yourself daily for the signs and symptoms of avian flu during your exposure and for 10 days after last exposure. Symptoms could include fever ( $\geq 100^{\circ}\text{F}$  [ $37.8^{\circ}\text{C}$ ]), chills, cough, sore throat, difficulty breathing, shortness of breath, eye irritation, or any other symptoms that are new for you. Record your findings in the log below. The state or local health department will contact you by phone, email or text for an update every day during your monitoring period. We appreciate your cooperation.

**LAST DATE OF EXPOSURE:**

\_\_\_\_\_

**+ 10 DAYS =**

**← THIS IS YOUR LAST DAY OF SYMPTOM MONITORING**

Date	Time	Temperature	Signs and Symptoms
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

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# AVIAN INFLUENZA (AVIAN FLU) SYMPTOM LOG SHEET



Date	Time	Temperature	Signs and Symptoms
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			

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