



What is bird flu



Bird flu is caused by some strains of influenza A



Any bird can be infected



Wild birds can carry it without getting sick



Some strains can spread easily from wild birds to poultry. The poultry can get very sick or die



Australian farms have had bird flu outbreaks



Bird flu has spread to other animals overseas, including cattle, goats, cats and foxes



Bird flu rarely infects people, but it can happen, especially during animal outbreaks



Getting a seasonal flu vaccine every year can help prevent bird flu becoming a bigger threat to people

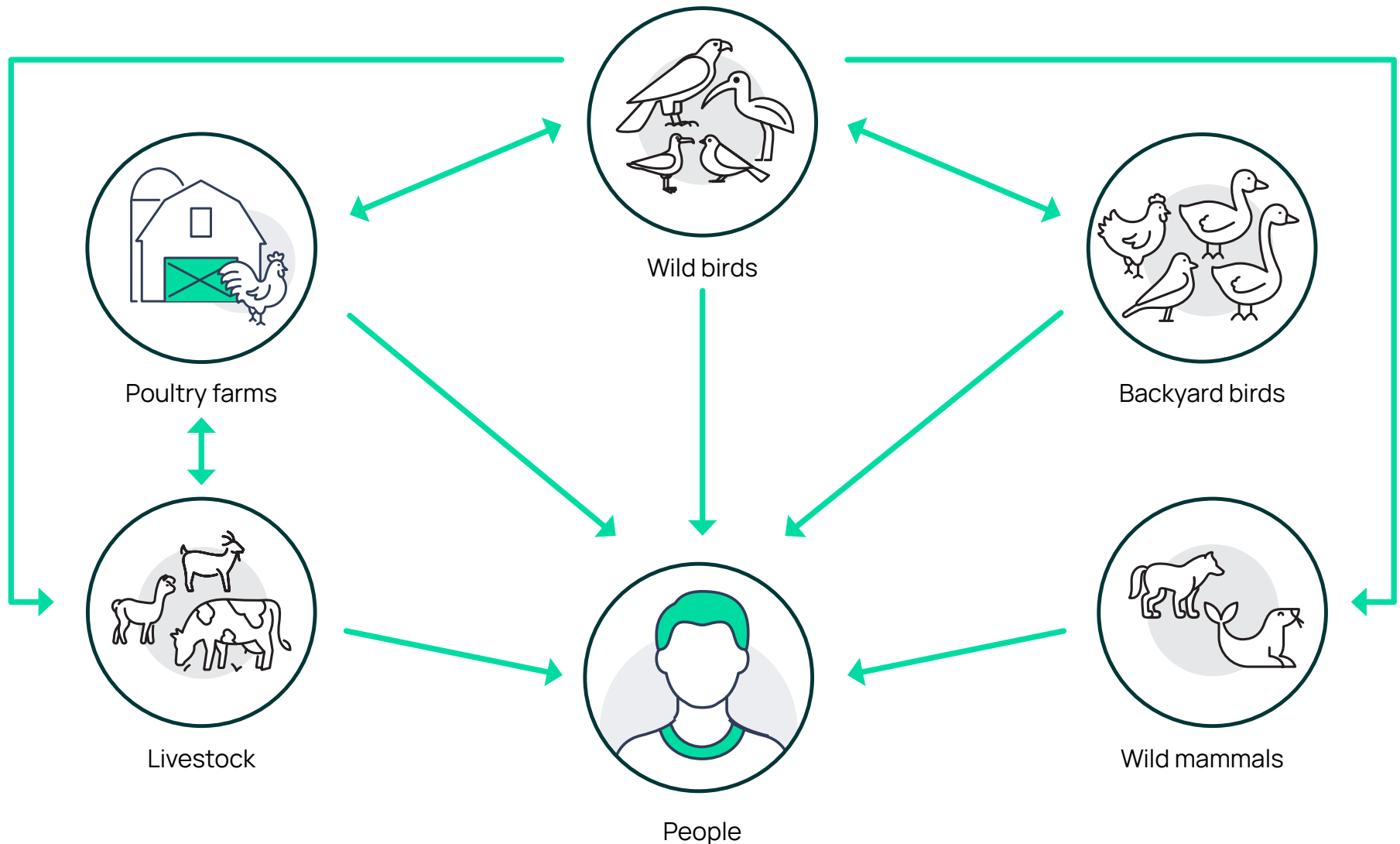


For more information, visit birdflu.gov.au



How bird flu spreads to people

Some bird flu strains spread from animals to people, but this is rare.



How bird flu infects people



You touch infected animals
without PPE



You touch something with the
virus on it and then touch
your eyes, nose or mouth



You breathe in dust or
droplets that contain the virus



Liquid with the virus in it
splashes into your eyes,
nose or mouth



Wearing appropriate PPE correctly can protect you



For more information, visit birdflu.gov.au



Symptoms of bird flu in people

Most people have mild or no symptoms. Some people get very sick and need to go to hospital.



Fever (temperature $\geq 38^{\circ}\text{C}$),
chills or shakes



Sore throat



Cough



Runny nose



Difficulty breathing
(shortness of breath)



Headache or muscle
aches and pains



Diarrhoea



Nausea or vomiting



Red, sore eyes (conjunctivitis)

If you feel sick **and** have been in contact with an infected animal, their materials or environments:



Seek medical advice. Call your doctor to say you have been around infected animals.



Tell your employer.



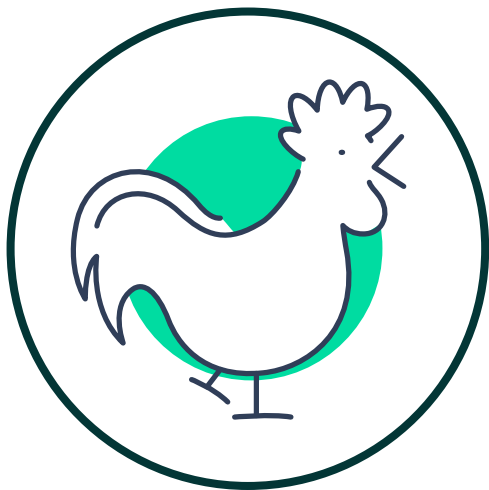
Stay away from others (until you talk to a doctor). If you can't do this, wear a mask.



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People most at risk of catching bird flu



People who work
with poultry



People who work with
poultry products



Bird flu outbreak
responders



Bird handlers



Wildlife workers
and carers



Hobby farmers and backyard
poultry owners



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Protecting yourself from bird flu when working with birds

Bird flu can make you sick. These actions can protect you:



Don't touch birds,
unless you have to



Wash hands thoroughly and frequently
with soap and running water



Wear appropriate PPE



If you get symptoms, call your doctor
to say you have been around infected birds



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a bigger threat to people



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Recommended PPE* when working with birds infected with bird flu



- Coveralls (fluid resistant if appropriate)
 - Waterproof apron (if needed for task)
 - P2/N95 face mask (minimum) ^
 - Goggles and/or face shield
 - Head or hair cover (if using un-hooded coveralls)
 - Gloves
 - Waterproof boots
- ^powered air purifying respirator with P3 filters may be used

*The type of PPE may change based on your work environment and the tasks you do. Your workplace will tell you what PPE to wear.

Your work must give you PPE and train you to:



Use it



Put it on



Take it off



Discard PPE in the appropriate bin



Shower before leaving work, if possible



Leave used clothes and equipment at work



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How to put on and take off a P2 / N95 mask

Bird flu can make you sick. Wearing appropriate PPE can protect you.

To put on your mask correctly:



Wash hands with soap
and water



Put mask over mouth
and nose



Put the elastic bands over
your head



Fit snugly at bridge of nose and
under chin by using the adjusters



Check the mask fit each time it is
put on or adjusted

Removing and disposing of mask:



With clean hands, grasp elastics
at back of the head and remove by
only touching the elastics



Discard mask in
appropriate bin



Wash hands with soap
and water

Well fitted P2/N95, P3 and PAPR masks protect you from bird flu, when worn with other PPE



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