

# 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, animal poop, litter, unpasteurized milk or feathers. Protect yourself with these tips, especially around sick animals:



**Wear protective equipment.**



**Clean and disinfect protective equipment.**



**Do not drink raw or unpasteurized animal products.**



**Wash your hands with soap and water.**



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

## If you worked with sick animals and you feel sick



**911**

**Call** 911 if you are having a medical emergency

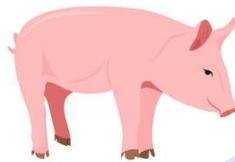


**Contact** public health for help with testing and treatment



**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



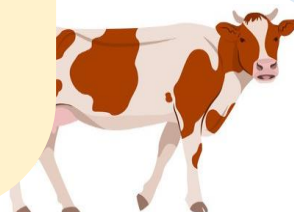
NAUSEA



SORE MUSCLES



HEADACHE



NC DEPARTMENT OF  
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HUMAN SERVICES**  
Division of Public Health