

PROTECT YOURSELF FROM H5N1 BIRD FLU

What to do if you feel sick

Observe your health daily, even if you followed all instructions for personal protective equipment. Watch for symptoms of illness:

- Eye redness (conjunctivitis)
- Mild flu-like upper respiratory symptoms
- Pneumonia requiring hospitalization
- Fever (temperature of 100°F [37.8°C] or greater) or feeling feverish
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Shortness of breath or difficulty breathing

Less common signs and symptoms include diarrhea, nausea, vomiting, or seizures.

If you get any new symptoms of illness while working with confirmed or potentially infected animals or confirmed or potentially contaminated byproducts or surfaces and during the 10 days after your last exposure:



- Stay home and stay away from others as much as possible until you know whether you have H5N1 bird flu. If you have H5N1 bird flu, stay home and away from others until you feel better.



- Tell your supervisor and medical provider, and they will help you contact your state/local health department.



- Your health department will help you determine what to do next and may test you for H5N1 bird flu.



- A medical provider may prescribe medication that is used for treatment of flu (antiviral medication). It is important to follow the directions for taking the medication.



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