

PROTECT YOURSELF FROM H5N1 BIRD FLU

Wear personal protective equipment

H5N1 bird flu is a virus that could make you sick if you breathe it in or if it gets in your eyes, nose, or mouth. You can also get sick if you touch your eyes, nose, or mouth after touching contaminated surfaces, clothing, skin, or hair. Wear personal protective equipment (PPE) when in contact with or around animals confirmed or potentially infected, including dairy cows, or confirmed or potentially contaminated raw milk, surfaces, or other items. You may need more PPE than what you use for your normal duties. **Ask your supervisor if you have questions about what type of PPE to wear or when or how to use it.**

RECOMMENDED PPE TO PROTECT AGAINST H5N1 BIRD FLU

- Head cover or hair cover
- NIOSH Approved® particulate respirator (such as an N95 mask)
- Face shield (and/or safety goggles)
- Coveralls that keep you dry
- Disposable gloves
- Boots
- Optional:
 - Outer work gloves
 - Waterproof apron
 - Boot covers



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HOW TO PUT ON PPE

Protect yourself from H5N1 Bird Flu.

What to know before you put on personal protective equipment (PPE):

- Leave clean personal clothing and items, food, and drinks in clean areas.
- Follow directions from your employer for entering and leaving the worksite.
- Use separate designated areas to put on clean PPE and remove dirty PPE.
- Wash your hands for 20 seconds with soap and water or, if not available, use an alcohol-based hand sanitizer

After you wash your hands, put on PPE in a clean area in this order:

1. Coveralls that keep you dry



2. Boot covers or boots



3. Waterproof apron, if needed



4. NIOSH Approved® particulate respirator (face mask)



5. Safety goggles, if needed



6. Head cover or hair cover



7. Face shield



8. Hard hat, if needed



9. Disposable gloves



10. Outer work gloves, if needed



Remove PPE before entering any clean areas including restrooms, breakrooms, and administrative areas

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HOW TO TAKE OFF PPE

Protect yourself from H5N1 Bird Flu.

What to know before you remove personal protective equipment (PPE):

- Remove PPE before entering any clean areas including restrooms, breakrooms, and administrative areas.
- Set aside reusable PPE for cleaning and disinfection and throw away disposable PPE.

Remove PPE in this order:

1. Remove outer work gloves, if worn



2. Lightly rinse outer clothing (boot covers or boots and apron)



3. Remove hard hat, if worn



4. Remove waterproof apron, if worn



5. Remove boot covers or boots



6. Remove coveralls



7. Remove face shield



8. Remove head cover or hair cover



9. Remove goggles, if needed



10. Remove respirator



11. Remove disposable gloves



12. Wash your hands again for 20 seconds with soap and water or, if soap and water are not available, use an alcohol-based hand sanitizer



- Do not use reusable PPE until it has been properly cleaned and disinfected.
- Clean and disinfect reusable PPE based on guidance from employer
- If possible, shower at work after your shift and put on clean clothing. If there are no showers at work, clean up as much as possible, put on clean clothing, and go straight from work to shower.
- Leave all contaminated clothing and equipment at work to be cleaned.