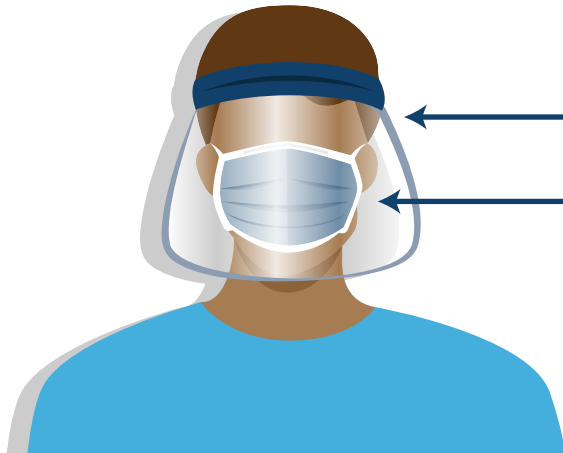


# Protect Yourself from Influenza A (H5N1) on Impacted Dairy Farms



**Face shield or goggles**



**Face mask**

N95 or higher respirators are preferred, but face masks are an acceptable alternative.



## HOW:

**Protect your face with goggles or a face shield and a mask.**

Wash hands often, avoid touching face, keep boots and work clothes at work, and shower after work.



## WHEN:

**Milking, drenching or other close contact with cows or raw milk.**



Follow Centers for Disease Control and Prevention and National Institute for Occupational Safety and Health guidance when possible. Scan to find more more information on personal protective equipment and worker safety.



**MDHHS**  
Michigan Department of Health & Human Services

[Michigan.gov/InfluenzaA](https://Michigan.gov/InfluenzaA)

# Wash hands with soap and water, then put on personal protective equipment (PPE) in this order:

## Face mask.



## Face shield or goggles.



## Gloves.



### While wearing PPE

- Avoid touching your eyes, mouth and nose.
- Do not eat or drink in the milking parlor.

### After removing PPE

- Shower at the end of the work shift.
- Leave all contaminated clothing and equipment at work.
- If you have to take dirty clothes home, place them in a plastic bag and wash them separately from other laundry.

### Follow these steps to safely remove PPE

- ① Remove gloves.
- ② Wash your hands.
- ③ Remove goggles or faceshield and then remove face mask or N95 respirator.
- ④ Wash your hands again.

### Reusable PPE

Clean and disinfect reusable PPE after every use.

Scan to learn how to put on and take off a respirator.



Scan to find more PPE and worker safety information.

