



SOUTH CAROLINA  
DEPARTMENT OF  
PUBLIC HEALTH

## PROTECT YOURSELF FROM H5N1



The virus H5N1 causes avian influenza (bird flu). People can become infected when they have contact with infected animals.

**You can protect yourself by:**

Wearing protective clothing when working with animals, milk, or wastes.



Washing your hands after contact with animals, milk, and wastes, and before eating.  
Not touching your face/eyes with dirty hands.



Not drinking raw (unpasteurized) milk. You could get sick from drinking raw milk from infected cows.

**If you develop symptoms or feel sick while working with dairy cattle:**

**Stay home!** Call your health care provider or the South Carolina Department of Public Health at 803-898-0861 and let them know you work with dairy cattle and are feeling sick.

For more information visit: [cdc.gov/flu/avianflu](https://www.cdc.gov/flu/avianflu)