

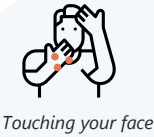
# Avian influenza in dairy cattle: suspected or confirmed cases

## Protective measures for workers

⚙️ When dairy cattle is infected with H5N1 avian influenza, animals with or without signs of the disease can excrete the virus in their milk, nasal secretions, and urine.

⚙️ **H5N1 avian influenza virus** is transmitted to humans by:

### – direct contact



### – indirect contact



### – air



⚙️ The more the virus is transmitted between animals and humans, the greater the risk of it changing to become more transmissible and dangerous, hence the need for action.

⚙️ Although transmission to humans is rare and the majority of cases present mild symptoms, a few cases with severe complications have been reported.

## 1 Possible symptoms in humans

- Redness of the eye (conjunctivitis)
- Sore throat
- Cough
- Congested or runny nose
- Fever
- Muscle pain

\* **Possible complications** : pneumonia, respiratory failure, or death

## 2 Protection measures

### Comply with enhanced biosafety measures.

- ✗ Do not touch your eyes, nose, or mouth
- ✗ Do not drink raw milk
- ✓ Regularly wash your hands with soap and water (or with a hydroalcoholic solution containing at least 60% alcohol)
- ✋ Limit access to the barn, restricting activities to essential tasks; limit time spent in the barn
- ↔ When possible, stay away from cows and raw milk
- ✓ Clean and disinfect surfaces regularly using a product recommended by the Quebec poultry disease control team (see: <https://eqcma.ca/language/en/poultry-diseases/disinfectants/>)
- ✓ Modify tasks to reduce splashing risks (e.g. taking milk samples) or resuspending the virus in the air (e.g. cleaning with a water jet).

- ✓ Wear **basic biosafety equipment** (fluid-resistant coveralls + gloves + boots)
- ✓ Wear personal protective equipment according to risk assessment (section 3 →)


















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### 3 Work situations with virus transmission risk

Although the risk of transmission to humans is low, workers in close or prolonged contact with infected cattle or contaminated environments are at greater risk of infection.

LEVEL OF RISK

	MEDIUM RISK 	HIGH RISK 	HIGHEST RISK 
	<b>EXPOSURE TO CATTLE NO RISK OF EXPOSURE TO MILK</b> 	<b>NO EXPOSURE TO CATTLE WITH RISK OF EXPOSURE TO MILK</b> 	<b>EXPOSURE TO CATTLE WITH RISK OF EXPOSURE TO MILK</b> 
	<ul style="list-style-type: none"> <li>Working more than 2 metres away from a cow showing symptoms in an indoor space shared by all cattle</li> <li>Working within 2 metres from a cow showing no clinical signs</li> </ul>	<ul style="list-style-type: none"> <li><b>Direct contact with milk</b> (ex.: splashes in the eyes)</li> <li><b>Indirect contact with milk</b> (ex.: touch a contaminated object, then touch your eyes)</li> <li><b>Exposure to milk through air</b> (ex.: cleaning contaminated surfaces with a water jet)</li> </ul>	<ul style="list-style-type: none"> <li>Tasks with risk of exposure to milk from cattle with or without clinical signs</li> <li>Working within 2 metres from cattle with clinical signs</li> <li>Working in an enclosed, indoor space with cattle with clinical signs only</li> </ul>
PERSONAL PROTECTIVE EQUIPMENT	<b>MEDIUM RISK</b>    <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">Recommended</div> <div style="border: 1px solid black; padding: 2px;">Suggested</div> </div> <p>* <b>If there is a risk of milk splashing:</b> Favour visors over waterproof goggles</p>	<b>HIGH RISK</b>    <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">Recommended</div> </div> <p>* <b>If there is a risk of milk splashing:</b> Favour visors over waterproof goggles</p> <p>✚ <b>If there is a risk of exposure to milk through the air:</b> Adding a N95 mask is recommended</p>	<b>HIGHEST RISK</b>    <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">Recommended</div> </div> <p>* <b>If there is a risk of milk splashing:</b> Favour visors over waterproof goggles</p>

**Type N95 masks** must be worn under a respiratory protection programme that includes fit testing. It must fit snugly around the face (shaved beard), and be changed if it becomes wet, soiled or damaged. See: [www.santeau travail.qc.ca/web/rpsat/dossiers/protection-respiratoire/documentation-de-base](http://www.santeau travail.qc.ca/web/rpsat/dossiers/protection-respiratoire/documentation-de-base) [French only]



**To remove the protective equipment, it is recommended to, in order :**  
 clean boots → remove boots → remove coveralls → remove gloves → wash hands →  
 remove eye protection and mask → rewash hands

### 4 In the event of symptoms

**Monitor for the appearance of symptoms** for 10 days after your last exposure to infected cattle.  
**In case of symptoms :** Contact Info-Santé (811), mentioning that you have been in contact with cattle.

