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**Release Date:** 12/2/2024

**Free Flu Shots for Farmworkers at MMDHD**

**St. Johns, Stanton, Ithaca, MI** – The Mid-Michigan District Health Department is offering free flu shots to those who work directly with dairy and/or poultry. Michigan saw many counties affected by Highly Pathogenic Avian Influenza (HPAI), or H5N1 bird flu. In response, we are offering free flu shots to Farmworkers and those directly impacted.

HPAI is a virus that has been found in cows. It can also be found in poultry and other animals. People who work with infected animals or their byproducts (for example, raw milk), such as dairy and poultry workers, might get sick from the virus. Those interested can call us for more information, or scan the QR Code to get started:



**Clinton County: 989-224-2195 (Option 5, then 2)**  
**Gratiot County: 989-875-3681 (Option 5, then 2)**  
**Montcalm County: 989-831-5237 (Option 5, then 2)**

Symptoms of HPAI can include eye redness, mild flu-like upper respiratory symptoms, fever (temperature of 100°F [37.8°C] or greater), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, shortness of breath or difficulty breathing, and pneumonia requiring hospitalization.

HPAI can spread from animals to humans in several different ways. Those include:

- Touching something contaminated with the virus and touching your eyes, nose, or mouth.
- If a liquid which contains live virus splashes into your eyes (like raw cow's milk from an infected cow, for example).
- Eating, drinking, or inhaling droplets contaminated with virus.
- Handling sick or dead animals infected with the virus.

In addition, we have also developed a new webpage on our website, [www.mmdhd.org/farmworker](http://www.mmdhd.org/farmworker). These efforts we are taking are to ensure that information is available to Farmworkers and reduce exposure to the virus.

To learn more about immunizations at MMDHD, visit: [www.mmdhd.org/immunizations](http://www.mmdhd.org/immunizations).

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*The Mid-Michigan District Health Department has proudly served the residents of Clinton, Gratiot, and Montcalm Counties since 1966. We take action to protect, maintain and improve the health of our community.*

# Dairy Workers Are at Risk for H5N1 Bird Flu



## How to Protect Yourself from the Virus at Work

Avian influenza H5N1, also known as bird flu, is a very contagious virus that normally makes birds sick. Recently, the virus has changed and now it is making cows and people sick. People who work with cows are at higher risk of getting sick from bird flu.

**Learn how to protect yourself from this virus!**

## How do people get sick?

We do not know how the bird flu is spreading from cows to humans, but we do know that sick cows have a lot of virus in their milk. Cows can also spread the virus through their spit, feces, and other body fluids. It's important to be very careful around cows and milk that has not been pasteurized (heated up enough to kill any viruses or germs).

## What can you do to protect yourself from bird flu?

Take these steps to protect yourself from getting sick with bird flu if you work with cows:

1. **Wash your hands right away after working with cows, handling sick or dead animals**, and before you take any breaks. Wash for at least 20 seconds with soap and water, then rinse and dry.
2. **DO NOT** touch your face, nose mouth, or eyes while working with cows or touching anything that cows or their milk have touched.
3. **DO NOT** eat food with dirty hands or gloves without washing your hands first or using hand sanitizer.
4. **DO NOT** drink raw milk or eat products made with raw milk (like some types of queso fresco) that have not been pasteurized.
5. **Use Personal Protection Equipment (PPE)**. Such as:



Aprons or coveralls that will keep you dry.



N-95 face mask or a respirator that covers your nose and mouth completely to stop you from breathing in droplets that may have the virus.



Safety goggles or face shields to stop milk from splashing in your face.



Single-use head or hair cover to protect your ears.



Rubber boots and waterproof gloves to keep your hands and feet dry.

## What symptoms should you look for?

It's important to seek medical care if you start feeling sick with these symptoms:



- Fever (temperature of 100° F or 37.8° C or more)
- Chills
- Stomach and body pain
- Cough
- Red or swollen eyes
- Difficulty breathing

## How can you find out if you have bird flu?



If you have any of these symptoms, it's important to go to a health center or hospital to be tested for bird flu.

When you get tested:

- Your doctor or nurse can check to see if you have the flu by using a cotton swab in your throat, nose, or eyes.
- If you have flu, they will do another test with the cotton swab to see if you have bird flu or a human flu. Your doctor can give you medicine to help with your symptoms if you have any type of flu.
- If your test results come back showing that you have bird flu, your doctor or nurse will give you more information about next steps, which may include staying home from work and gatherings until your symptoms are gone.

If you do not have health insurance, you can ask your health center or local pharmacy for any discounts to help you cover the cost.

**\*Please remember to tell the doctor or nurse that you work with animals like cows or poultry!**

**Stay healthy!**

**Protect yourself, watch for symptoms, and remember you have the right to get tested for bird flu.**

To connect with the Mid-Michigan District Health Department and get a FREE flu shot, scan the QR Code, or contact:

**Sheila Moore**  
**smoore@mmdhd.org**  
**616-302-6503**

Page 57 of 68



# Los trabajadores de los tambos están en riesgo de contraer la gripe aviar H5N1



## Cómo protegerse contra el virus en el trabajo

La gripe aviar H5N1 es una enfermedad muy contagiosa que normalmente afecta a las aves. Hace poco, el virus cambió y ahora infecta a las vacas y a las personas. Las personas que trabajan con vacas tienen mayor riesgo de contraer gripe aviar.

**¡Conozca cómo protegerse del virus!**

## ¿Cómo se enferman las personas?

No sabemos cómo se contagia la gripe aviar de las vacas a los humanos, pero sabemos que las vacas enfermas tienen gran cantidad del virus en la leche. Las vacas también pueden contagiar el virus mediante la saliva, las heces y los fluidos corporales. Es importante tener mucho cuidado al estar cerca de las vacas y la leche que no ha sido pasteurizada (calentada lo suficiente para matar todos los virus y gérmenes).

## ¿Qué puedo hacer para protegerme de la gripe aviar?

Tome estas medidas para protegerse de la gripe aviar si trabaja con vacas:

- 1. Lávese las manos de inmediato tras trabajar con vacas, interactuar con animales enfermos o muertos**, y antes de tomar descansos. Lávese por al menos 20 segundos con agua y jabón, luego enjuague y seque.
- 2. NO** se toque el rostro, la nariz, la boca ni los ojos al trabajar con vacas o tocar cualquier cosa que hayan tocado las vacas o su leche.
- 3. NO** coma alimentos con las manos sucias o con guantes sin lavarse las manos primero o utilizar desinfectante de manos.
- 4. NO** beba leche sin pasteurizar ni coma productos fabricados con ella (como algunos tipos de queso fresco) que no hayan sido pasteurizados.
- 5. Uso de equipo de protección personal (EPP).** Como:



Delantales u overoles que lo mantengan seco.



Mascarilla N-95 o respirador que cubra la nariz y la boca por completo para evitar respirar gotículas que puedan tener el virus.



Antiparras de seguridad o protectores faciales para evitar las salpicaduras de leche en el rostro.



Cobertor descartable para la cabeza o el cabello para protegerse las orejas.



Botas de goma y guantes impermeables para mantener las manos y pies secos.

## ¿A qué síntomas prestar atención?

Es importante buscar atención médica si comienza a sentir estos síntomas:



- Fiebre (temperatura mayor de 100°F o 37,8°C)
- Escalofríos
- Dolor corporal o de estómago
- Tos
- Ojos rojos o hinchados
- Dificultad para respirar

## ¿Cómo descubrir si tiene gripe aviar?



Si tiene alguno de estos síntomas, es importante visitar un centro de salud u hospital para recibir una prueba de gripe aviar.

Cuando reciba la prueba:

- Su médico o enfermero puede controlar si tiene gripe utilizando un hisopo en la garganta, nariz u ojos.
- Si tiene gripe, le realizarán otra prueba con el hisopo para ver si es gripe aviar o humana. Su médico puede recetarle medicamentos para aliviar los síntomas si tiene algún tipo de gripe.
- Si sus resultados indican que tiene gripe aviar, su médico o enfermero le brindará más información sobre los siguientes pasos, que pueden incluir faltar al trabajo y a las reuniones hasta que elimine los síntomas.

Si no tiene seguro médico, puede pedirle descuentos a su centro médico o farmacia local para ayudarle a cubrir los gastos.

**\*Recuerde informarle al médico o enfermero que trabaja con animales como vacas o aves de corral.**

**¡Cuide su salud! Protéjase, preste atención a los síntomas y recuerde que tiene derecho a una prueba de gripe aviar.**

Para ponerse en contacto con el Departamento de Salud del Distrito de Mid-Michigan y obtener una vacuna GRATUITA contra la gripe, escanee el código QR o póngase en contacto:

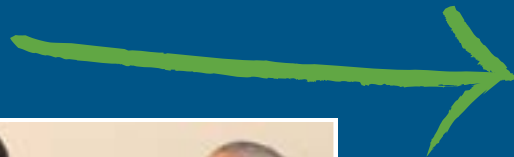
**Sheila Moore**  
**smoore@mmdhd.org**  
**616-302-6503**

Page 59 of 68



# FREE FARMWORKER FLU SHOTS

If you know someone who has received their flu shot, and you would like one too, scan the QR Code and fill out the form!



All Farmworkers are eligible for a vaccine.  
No documentation is required.

To connect with the Mid-Michigan District Health Department and get a FREE flu shot, scan the QR Code, or contact:

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smoore@mmdhd.org  
616-302-6503

Page 60 of 68

Mid-Michigan District  
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# VACUNAS GRATUITAS CONTRA LA GRIPE



Todos los trabajadores agrícolas son elegibles  
para recibir una vacuna.

**No se requiere documentación.**

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Si conoce a alguien que ha recibido la  
vacuna contra la gripe y le gustaría  
vacunarse también, ¡escanee el  
código QR y complete el formulario!



# FREE FLU SHOTS



All Farmworkers are eligible for a vaccine.  
**No documentation is required.**

Mid-Michigan District  
HEALTH DEPARTMENT  
CLINTON • GRATIOT • MONTCALM

If you know someone who has  
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