

General Precautions

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Personal Prevention

- **Wash your hands often!!**
 - Especially after
 - Preparing food
 - Using the restroom
 - Blowing your nose
 - Changing infant diapers
 - Handling pets or other animals
 - Cleaning up pet waste
- **Routinely clean and disinfect areas accessed by pets**
 - Change cat litter boxes daily
 - Pick up pet waste in the yard weekly
- **Immunocompromised Individuals**
 - Extra precautions should be taken for persons with a weak immune system
 - Infants and children
 - Elderly
 - Organ transplant patients
 - Cancer patients
 - Persons with HIV/AIDS

Food Safety

- **Handle and prepare foods safely**
 - Buy perishable foods at the end of your shopping trip
 - Store food promptly at the proper temperature
 - Cook foods thoroughly and at proper temperature
 - Use a meat thermometer to measure temperature
 - Avoid raw or unpasteurized milk or dairy products
 - Avoid cross contamination in the kitchen
 - Do not use cutting boards or countertops that were used to prepare meat items to prepare vegetables or other foods

Protection While Outdoors

- **Protect yourself from ticks and mosquitoes**
 - Avoid going outside at dawn, or early evening
 - These are prime mosquito biting times
 - Wear long sleeve shirts and long pants while outside
 - Use insect repellent containing DEET
- **Implement vector control around your home and community**
 - Remove stagnant water sources
 - Rodent proof inside and around your home, barn, and other buildings
 - Keep pet foods in hard plastic or metal containers with tight lids
 - Keep wood piles 100 feet from your home
- **Avoid contact with wild animals**
 - Mice and other animals are potential carriers of some diseases
 - Avoid contact with feces of wild animals or waterfowl
 - Bats, skunks, foxes, and raccoons can be carriers of rabies
 - If bitten, keep animal for testing purposes and contact a medical doctor immediately
- **If dead wildlife is found:**
 - Wear rubber gloves when disposing of them
 - Wrap dead animal in double plastic bag when disposing of it



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