General Precautions

Personal Prevention

• Wash your hands often!!
  • Especially after
    - Preparing food
    - Using the restroom
    - Blowing your nose
    - Changing infant diapers
    - Handing 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 repellant 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