Preventing Zoonoses During Pregnancy

When you are pregnant, your immune system responds differently to diseases. **Zoonotic diseases can spread between animals and people.**

You can become sick if you are exposed to any of the following.

- Pregnant or young animals
- Dirty farm environment
- Dust/dried droppings
- Unclean food/water

Protect yourself and your baby around animals.

- Wear gloves, a mask, and coveralls when working with young or pregnant animals.
- Wear a mask if working in an area with birds, bird droppings, or nests.
- Never eat or drink around animals or in animal areas.

**ALWAYS wash your hands**
- After touching animals, their body fluids, or feces
- After removing boots and clothing
- Before eating or drinking

**WASH for 20 seconds using soap and water!**

Talk to your veterinarian about zoonotic disease risks or visit [www.cfsph.iastate.edu/zoonoses](http://www.cfsph.iastate.edu/zoonoses)