**Hand Washing**

Hand washing is one of the most effective ways to prevent the spread of disease.

- Wash hands often when around livestock, especially:
  - AFTER – direct contact with animals, manure, or equipment used in their environment
  - BEFORE – preparing or eating food, or having contact with infants or young children
- Use warm water and soap. Lather and scrub at least 20 seconds (sing the Happy Birthday song twice).
- Supervise children to ensure proper hand washing.
- Alcohol hand gels can be used if hands are not visibly dirty.

**Avoid Entry Into Your Body**

Germs that enter your body can cause disease. Protect your face and skin around livestock or animal areas.

- Avoid touching your eyes, nose, or mouth when you are around livestock and hands can be washed.
- Do not eat or drink in animal areas.
- Keep any cuts, scrapes, wounds, even chapped or dry skin covered when you are around livestock.
- Promptly clean any scratches or bites received when working around livestock.
  - Monitor the wound for signs of infection (e.g., redness, swelling, oozing). If seen, contact a healthcare provider.
- Wear washable boots and coveralls when working around animals, and remove before entering the home.
- Wear disposable gloves when cleaning animal areas. Wash your hands after you are finished.
- If dust is generated, such as when sweeping, wear a mask to prevent entry into your nose.

**Children and Livestock**

Young children are at greatest risk for illness and should always be supervised around livestock.

- Do not allow children under 5 to have contact with young calves, goats, or lambs.
- Do not let children put their hands or objects (e.g., pacifiers) into their mouths around animals or animal areas.
- Do not keep livestock or poultry inside your home.

**Keep Animals Healthy**

Work with your veterinarian to develop the best health program for your herd or flock.

- Keep animals up to date on vaccines and parasite control.
- Monitor animals daily for illness.
- Isolate ill animals and contact your veterinarian.
- Control dust in animal areas to avoid damage to the respiratory tract and the risk of airborne disease.

**Keep Animal Areas Clean**

Zoonotic disease organisms can be shed in animal feces.

- Remove manure frequently
- Ensure animals have clean, dry bedding.
- Keep feed and water fresh and containers clean.

**Prevent Exposure**

When Assisting Pregnant Animals

Several zoonotic diseases can be transmitted during the delivery of newborn animals.

- Wear gloves or palpation sleeves when assisting delivery.
- Wear masks to protect your face from dust or fluids.
- Remove birthing tissues and clean delivery areas promptly.

**Avoid Disease Vectors**

Insects, ticks and wildlife can carry disease organisms that can harm you or your livestock.

- Use an effective vector control programs for your livestock.
- Do not let livestock interact with wildlife.
- Eliminate standing water sources (e.g., old tires, barrels) to prevent breeding areas for mosquitoes.
- Protect yourself from bites from ticks and mosquitoes.
- When possible, avoid being outdoors during peak vector activity times (e.g., dusk and dawn) or wear EPA-approved insect repellants.

To learn more about zoonotic diseases and prevention measures, visit [https://www.cfsph.iastate.edu/zoonoses](https://www.cfsph.iastate.edu/zoonoses).

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