

# Zoonotic Disease Prevention

## W.A.S.H

Use this helpful acronym to remember disease prevention measures.

## WASH



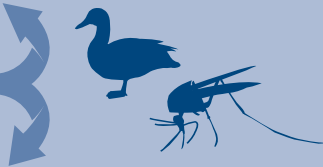
### Wash your hands often!!

- Use running water and soap or antimicrobial hand gels
- WASH BEFORE—preparing food; eating; having contact with infants or young children
- WASH AFTER—having contact with pets or other animals; cleaning up pet waste or cages; using the restroom; blowing your nose

### Clean and disinfect pet areas regularly

- Pick up pet waste in the yard weekly
- Clean and disinfect pet cages at least weekly
- Change cat litter boxes daily
- Clean bird cage linings daily

## AVOID



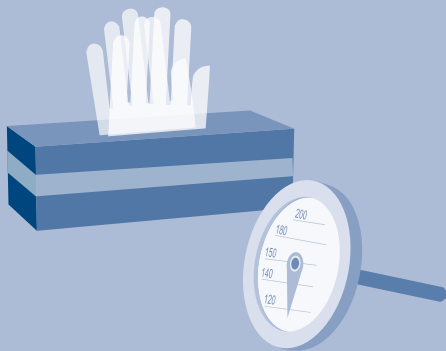
### Avoid wildlife animals

- Wildlife animals can be reservoirs for a variety of diseases

### Avoid disease transmitting vectors

- Insect vectors, such as mosquitoes, ticks, and fleas can be carriers of a variety of zoonotic diseases
- Avoid vector areas (e.g., wooded areas for ticks) or activity times (e.g., dusk and dawn for mosquitoes)

## SAFETY



### Use personal protection

- Wear gloves when handling feces or items in animal areas
- Use insect repellents and wear long sleeves and long pants when outdoors or in wooded areas
- Use appropriate flea and tick preventative products for pets—consult your veterinarian

### Use proper food preparation procedures

- Do not eat raw or under cooked meat or eggs or consume raw milk or unpasteurized dairy products
- Cook foods thoroughly to a temperature of at least 160 °F
- Wash fruits and vegetables before eating
- Use separate cutting boards for cutting meats and vegetables to avoid cross contamination
- Promptly refrigerate unused foods

## HEALTH



### Maintain good physical health for yourself and your pet

- Keep pet vaccinations current
- Have your pet checked regularly for internal (e.g., worms) and external (e.g., ticks, fleas) parasites
- Do not feed pets under cooked or raw meat; Feed a well-balanced commercial dry food