



STAYING HEALTHY WHILE WORKING ON A FARM



Some diseases can be shared between animals and people. These are called zoonotic diseases. When working on a farm, it is common for germs (e.g., *Salmonella*, *E. coli*, or *Campylobacter*) to pass from animals to people. For this reason, it is important to follow good hygiene practices to protect yourself and your family.



HOW CAN I PROTECT MYSELF AND MY FAMILY?

- Always wash hands thoroughly with soap and water after touching or working with livestock, handling equipment used on animals, or coming into contact with anything in an area where there are animals. This is especially important to do before preparing or consuming food or drink for yourself or others.
- Use separate shoes, work gloves, and clothing when working with livestock.
 - Either keep these items outside of your home, or change immediately when you get home, in order to keep your home environment free of germs.
 - Change or take off soiled clothing and boots before getting into your vehicle. Wash your hands after taking off any clothes and shoes you wore while working with livestock.
- Do not eat or drink in areas where livestock are present.
- Do not drink unpasteurized (raw) milk or serve it to others.
- Make sure to supervise small children when they spend time with animals and discourage behaviors that can increase their risk of getting sick (e.g., do not allow children to put their hands in their mouths when they are around animals).
- When caring for calves with diarrhea (scours), it is especially important to practice good hygiene and biosecurity.
 - This will help prevent the spread of potential germs between calves as well as reduce the chances you, your coworkers, and your family members could become sick.
 - Young children and immune-compromised persons should not have contact with calves, especially those with diarrhea (scours).
- If you do become sick with diarrhea lasting more than a few days or develop a high fever, contact your health care provider and tell them that you work with livestock.
- Work with your veterinarian to keep your livestock healthy.

