

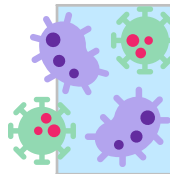


Stay Healthy While Working with Animals

Animals and people can share the same type of germs. **Germs** are tiny living things that you can't see but can be passed from animals to people and can make you sick when they enter your body.

When you work with animals, you can be exposed to many kinds of germs and get sick, but you can take steps to avoid them and stay safe!

Here are some types of germs that animals can carry, how they spread, how they can make you sick, and what you can do if you feel ill:



 Germs and how they spread	 How can they make you sick	 What can you do if you feel sick
<p>Bacteria can spread from animals to people through:</p> <ul style="list-style-type: none"> • feces • body fluids like spit, milk, or nasal fluids • bites and scratches, like insect bites from ticks or fleas • touching objects contaminated by infected animals 	<p>Some bacteria can cause mild symptoms that affect your stomach, lungs, or body. But other types of bacteria can cause more serious infections, like salmonellosis, brucellosis, Lyme disease, and tuberculosis.</p>	<p>If you feel sick after being bitten by an animal or working with infected animals, see a doctor for treatment. You may need a prescription for antibiotics.</p>
<p>Viruses can spread from animals to people through:</p> <ul style="list-style-type: none"> • feces • body fluids • bites and scratches, like insect bites, like ticks or fleas • touching an object contaminated by infected animals 	<p>Some viruses can cause mild illnesses, like the common cold. But other viruses can cause more severe diseases, such as flu, bird flu, or rabies.</p>	<p>If you feel sick after working with infected animals, see a doctor for treatment. You may need a shot or a prescription medicine.</p>
<p>Fungi can spread from animals to people through:</p> <ul style="list-style-type: none"> • damp things or places like wet shoes or showers • touching infected skin or contaminated objects in the air (in the form of air droplets or spores) 	<p>Fungi, like ringworms, can cause infections of the skin, scalp, or nails.</p>	<p>If you have a fungal infection in any part of your body, see a doctor who can prescribe you a cream or pill.</p>
<p>Parasites can spread from animals to people through:</p> <ul style="list-style-type: none"> • contaminated food and water • feces • bug or insect bites 	<p>Parasites like scabies can live on your skin or within your body, such as in your intestines. They can cause health problems, like diarrhea, skin rashes, and feeling very tired.</p>	<p>If you have wounds on your skin or stomach pain, see a doctor who can prescribe medication and care for your wounds.</p>

How Can You Stay Safe and Avoid Getting Sick?



Practice Hygiene

1. Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
2. Clean and disinfect work surfaces and tools regularly.
3. Clean and disinfect fruits and vegetables before eating.
4. Keep eating areas, kitchen utensils, and bathrooms clean.


Wear Personal Protective Equipment

5. Use recommended personal protective equipment (PPE) like gloves and N95 respirators at work, especially if you are working around sick animals.
6. Wear bug spray to avoid insect bites.



Protect Your Health and Your Community

7. Get the recommended vaccines, like the seasonal flu shot.
8. Stay home when you are sick and wear a mask to protect others.
9. Eat dairy products made with pasteurized milk or milk that has been heated enough to kill harmful germs.

To connect with a health center or clinic, contact NCFH's Call for Health Helpline at 1-800-377-9968 or send a WhatsApp message to 1-737-999-4162. 



It's free, confidential, and available in English and Spanish!