

# 10 STEPS to help prevent zoonotic diseases

Zoonotic diseases (diseases you can contract from animals) can be dangerous for you and your loved ones. Be sure to follow these steps to keep everyone safe and healthy!

1

Schedule annual or biannual veterinary visits for your pet, which should include fecal examinations.

2

Keep your pet on year-round monthly parasite prevention, as recommended by your veterinarian.

3

Keep pets indoors or supervised to discourage hunting, and do not feed pets raw or undercooked meats

4

Wash your hands frequently, especially after handling animals and working outdoors. Be sure your children wash their hands after playing outside.

5

Wash any wounds, even small nicks and cuts, promptly and thoroughly.

6

Clean cats' litter boxes daily, wearing gloves, and always wash your hands immediately afterwards. (Though if you're pregnant, you should avoid cleaning litter boxes altogether. Have someone else do it for you.)

7

Avoid approaching, touching, or handling stray animals.

8

Cover children's sandboxes when they're not in use.

9

Always wear gloves when gardening.

10

Protect yourself from ticks by covering your body with a long-sleeved shirt, long pants, and a hat. Check for ticks after hiking, playing, or working in tick-infested environments. Also consider using repellants.