

Are You Protecting Yourself?

Ten tips to help you avoid a serious zoonotic illness:

1. Stay current on appropriate vaccinations, such as tetanus. (Consult your doctor or health department to find out which vaccinations are appropriate.)
2. Wash your hands frequently with soap, especially after handling any animal and prior to eating and smoking.
3. Wear long pants and sturdy shoes or boots (no sandals or shorts).
4. Wear gloves when changing litter pans, washing food and water dishes, or cleaning up feces, urine or vomit.
5. Clean and disinfect scratches and bite wounds thoroughly.
6. Don't allow animals to lick your face or any wounds.
7. Learn safe and humane animal-handling techniques and use proper equipment.
8. Seek assistance when handling animals whose dispositions are questionable.
9. Report any bites or injuries to your supervisor and to your primary health care practitioner.
10. Tell your primary health care practitioner that you work closely with animals, and visit them