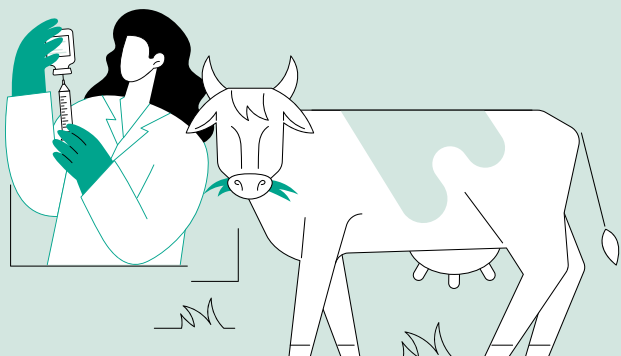




Food and Agriculture
Organization of the
United Nations



Protecting yourself against zoonoses

A guide for veterinarians

Veterinarians play a vital role in keeping animals healthy and preventing the spread of disease. This leaflet provides practical tips to help you stay healthy while working with animals and minimise the risk of carrying pathogens between farms. By following these recommendations, you can protect yourself, your staff, your clients and your animals.

Examples of high-risk activities



Disposing of aborted placentas and stillbirths



Performing necropsies and handling dead animals



Examining clinically sick animals with potentially infectious diseases



Assisting with parturition



Vaccinating, treating, and sampling animals

Wash hands

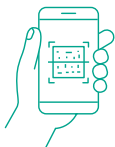
This is the single most important measure you can take to prevent infection

- 1** After carrying out high-risk activities (see *Examples of high-risk activities*)
- 2** At the end of your workday
- 3** Before eating, drinking, and smoking
- 4** After removing personal protective equipment (PPE)

Remember:

- Gloves are not a substitute for hand washing
- Alcohol-based disinfectants can be used when hands are not visibly dirty
- Avoid touching your face, especially eyes, nose, and mouth, until you have washed your hands

How to wash your hands thoroughly with clean water and soap



Personal protective equipment (PPE)

PPE may include:



coveralls



boots/
boot covers



gloves



face masks



eye protection

- ✓ Always wear protective outerwear (disposable or cleaned between farms) over your street clothes and shoes
- ✓ At the end of each working day, clothing dedicated to farm work should be kept in a plastic bag and washed separately from other laundry
- ✓ Use appropriate PPE when carrying out high-risk activities (*see Examples of high-risk activities*)

Other general good practices

- Boil or pasteurize raw milk before consumption
- Wash fruits and vegetables thoroughly before eating or cooking
- Avoid consuming raw or undercooked meat
- If wounded (e.g. a cut or scratch) while working with animals, wash with clean water and soap as soon as possible and cover it with a waterproof bandage
- Learn and use safe handling techniques to prevent being injured by animals
- Ensure a clean and safe water supply for both animal and human consumption
- Get vaccinated against zoonotic diseases, such as rabies, as recommended by your health department
- Seek medical advice if you develop symptoms of illness





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