The party is in full swing and almost everyone is enjoying themselves.

I'm not hungry, Mom.

What's wrong with Lupita? She is usually so playful.

I think the pork rinds she ate made her sick. Since then, I noticed she hasn't been herself.

Let's go, mom! I need to go to the bathroom!

How weird! My nephew, Betito and his dad are feeling the same way, only they're worse. They love parties and piñatas, but they didn't come. They haven't been able to leave the bathroom!
Now that I think about it, Lupita was playing with Betito!

I need to go to the bathroom!

And Betito was with his dad, Pedro... who is also sick! Pedro works on a farm. Could it have to do with that?

But Lupita and Betito don’t work there!

Yes, but people who work with farm animals can get sick and spread diseases to family members.

You can get sick from working with farm animals?

Yes, diseases that are transmitted from animals to humans are very common.

Maybe Betito’s dad was contagious and gave the disease to Betito.

And then Betito gave it to Lupita.
Farm animals can spread diseases to people throughout their lifespan. Even animals that look healthy can spread disease. And workers can bring germs home and pass them to their family members.
Zoonosis: diseases that can be transmitted from animals to humans.

I'm going to the bathroom now! Don't forget to wash your hands, Lupita!

Maybe that's how Lupita and Bettito got sick. Many of us are probably exposed to these diseases. Almost everyone here works on a farm!

Wait! There are things we can do to avoid getting sick and to keep ourselves healthy.

Sorry, what I meant to say is that farm animals can spread diseases. These diseases can be gastrointestinal. Or they can cause skin problems or respiratory illnesses.

Anyone who visits a farm or has contact with farm animals could be exposed to zoonotic diseases.
Before and after using the bathroom

Our best protection against disease is **HYGIENE**.

**Cleaning destroys the germs that cause illnesses.**

Here are some ways to avoid getting sick at work …

The first line of defense is washing your hands.

Before and after using the bathroom

**Before eating**
Before leaving work.

Before rubbing your eyes or touching your face.

Before drinking water.

Before smoking, if you smoke.

At work, it’s important to use all personal protective equipment correctly and keep it clean.

Also, it’s important to wash your work clothes separately.

Be sure to bathe or shower before spending time with your family.
As you are leaving work, remember that you are bringing home germs that can make you or your family sick. You can get the germs from touching animals, and from the farm’s facilities, surfaces, or tools.

That is why you must also practice preventive measures at your home.
FOR MORE INFORMATION:
(materials available in English and Spanish)
Common Zoonotic Diseases from Farm Animals:

Additional materials:
http://umash.umn.edu/resources/
http://www.migrantclinician.org/seguridad