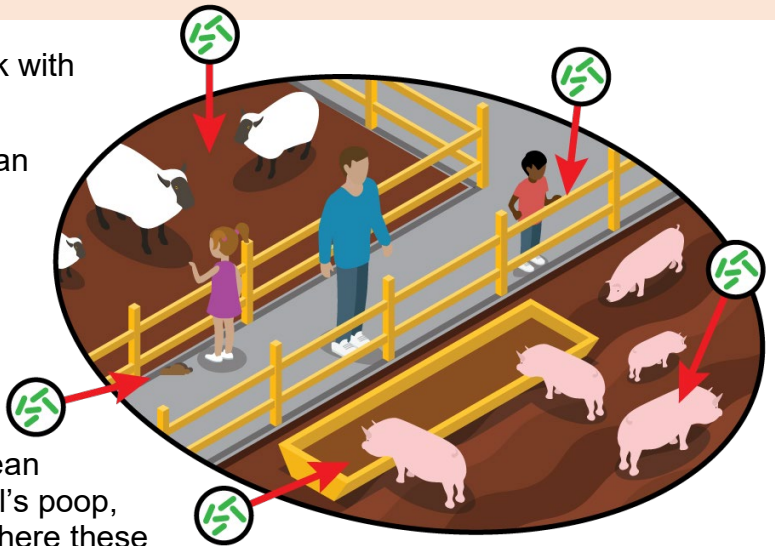# Stay Healthy When Working Around Farm Animals

Farm animals are a big event at the Fair. Your work with animals helps make our Fair a success!

Farm animals and the areas where they are kept can have germs that make people sick. But there are simple things you can do to stay healthy.

How do people get sick from farm animals?

Farm animals like cattle, goats, sheep, pigs, and poultry have tiny germs in their gut that can make people sick. Even animals that look healthy and clean can still carry germs. These germs are in an animal's poop, on their bodies (fur or feathers), and on anything where these animals live, like feed bins, cages, and fencing. People can get sick when they touch something in an area where farm animals are kept and then touch their mouth, nose, or eyes. Unwashed hands can easily spread germs!

Who is most likely to get sick?

Anyone can get sick from germs from farm animals. But if you are pregnant or have certain medical conditions (like cancer, diabetes, or HIV), you can get very sick from animal germs and may even need hospital care.

Follow these tips to stay healthy when working around animals:

WASH YOUR HANDS

- **Wash your hands with soap and water** after touching farm animals or being in areas where animals are kept. Washing with soap and water is the best way to get rid of germs on your hands.

- If you don't have soap and water where you are working, **use hand sanitizer** made with 60% alcohol to help kill germs until you are able to wash your hands with soap and water.

- **Keep your food and drinks out of animal areas.** Always wash your hands before eating or drinking.

- **Have a separate set of shoes or boots, gloves, coveralls, or other work clothes** that you use just for working in animal areas. Change out of these work clothes as soon as possible after you finish working in animal areas.

- **Clean and disinfect work clothes, boots, and equipment often.**

If you have any questions about how to stay healthy and safe at work, talk to your manager or supervisor.

CDPH Fairs & Animal Exhibits Toolkit

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