

Be alert for signs of illness in yourself and cows

- In yourself: Look for symptoms like fever, skin infection, rash (including redness or swelling), diarrhea, vomiting, and/or respiratory illness
- In cows: Look for signs like poor appetite, coughing, difficulty breathing, unusual discharge, bloat, weakness, lameness, and/or diarrhea
- Stay home when sick and tell your doctor you work with cows



- Pay extra attention to hand washing and hygiene when returning to the farm after:
 - Spending any time in a hospital
 - Contact with animals on other farms
 - Contact with pets or wildlife

Everyone has a role to play

- Farm owners can reduce hazards, establish safety procedures, supply hand washing stations and laundering facilities
- Workers can follow safety policies and procedures and wear protective equipment
- Watch and learn cattle behavior and signs of sickness
- Practice good hygiene and report illnesses



Questions? Contact:

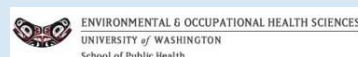
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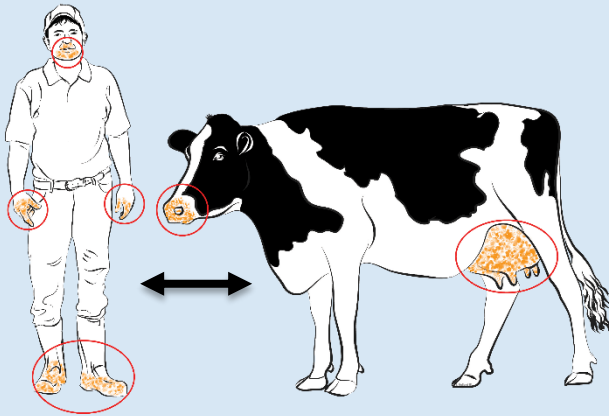


Hygiene and Health in Dairy Farming



*Protect Yourself,
Protect Your Cows,
Protect Your Family*

Germs move both ways!



- Bacteria can transfer from humans to cows or from cows to humans
- Some bacteria may be helpful, some may be harmful
- Germs can move from a cow to a worker in a number of ways:
 - Touching a cow
 - Eating or drinking contaminated food
 - Touching mouth, eyes, or nose with contaminated hands
- You can bring in germs from outside the farm that may make cows sick
- You can take germs home from work that can make your family sick

Keeping your family healthy

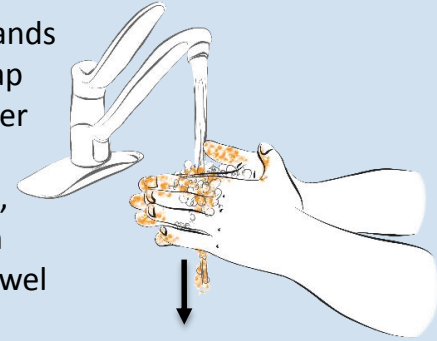
- Wash hands and clean boots before going home
- Launder work clothes at work, when possible, or keep work and other clothing separated in the home wash
- Pay extra attention to hygiene if young children or elderly persons live in your home, or if you or anyone in your house is sick



When to wash hands:

- At the start and end of your work day
- Before and after eating
- After removing gloves
- After herd health activities or working with manure

- Wash hands with soap and water for 20 seconds, dry with clean towel



Staying safe at work

- Wear work-specific clothing and footwear
- Eat your meals in an area away from cattle and their housing
- Avoid touching your mouth, eyes, or food with contaminated hands
- Take extra precautions when doing high-risk activities, including:
 - Herd health care
 - Treating sick animals
- Take extra precaution when you are ill and, when possible, limit close contact with coworkers and cattle

