SIGN OF ILLNESS cont.
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 farm,
- Contact with pets or wildlife.

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.

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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.

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.

STAY 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 and treating sick animals.
• Take extra precaution when you are ill and, when possible, limit close contact with coworkers and cattle.

KEEP 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.

BE ALERT FOR SIGNS OF ILLNESS
**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.