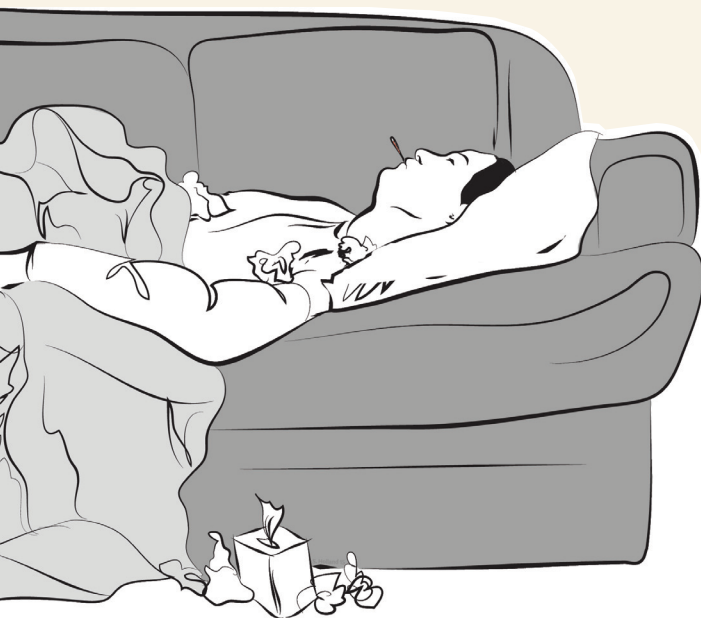


## SIGNS OF ILLNESS cont.

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**.



## CONTACT US

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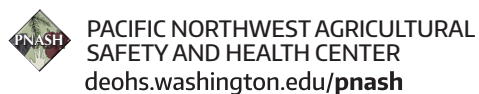
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Photographs by Gemina Garland-Lewis

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Rev. 5/16

# DAIRY FARMING HYGIENE & HEALTH



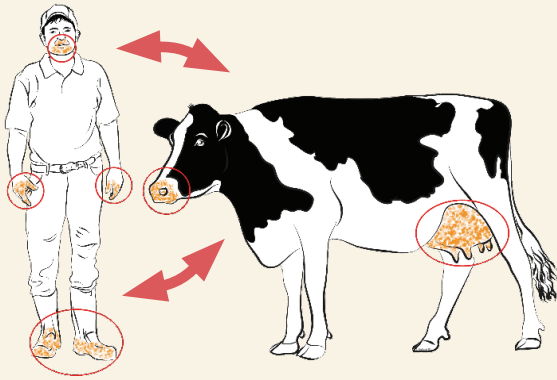
- ✓ PROTECT **yourself**
- ✓ PROTECT **your cows**
- ✓ PROTECT **your family**



DEPARTMENT OF ENVIRONMENTAL & OCCUPATIONAL HEALTH SCIENCES  
UNIVERSITY of WASHINGTON · SCHOOL OF PUBLIC HEALTH

## 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.

## KEEP YOUR FAMILY HEALTHY

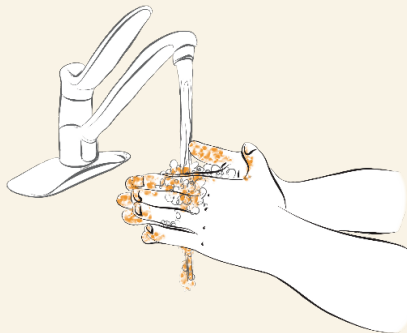
- Wash hands and clean boots before going home.
- Launder work clothes at work, when possible, or keep work and other clothing separated in the home wash.



- Pay extra attention to hygiene if young children or elderly person 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.



## 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.

## 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.