

WASH YOUR HANDS

- Before and after petting an animal
- After using the toilet or changing diapers
- When preparing food
- Before eating



PRACTICE PREVENTATIVE CARE

- Vaccinate your family and pets based on your doctor's and vet's recommendations
- Provide a healthy diet and encourage plenty of water and exercise for people and pets
- Pets also need routine heartworm, flea and tick preventative therapy
- Schedule yearly physical exams for people and pets



USE MEDICATION RESPONSIBLY

- Only give medication to the patient it was prescribed for
- Don't reuse leftover medication
- Dispose of old medication appropriately
- Learn more about disposing medication: www.vet.k-state.edu/vhc/med-disposal



SEE A DOCTOR WHEN SICK

- When people or pets are sick, visit the doctor or vet for help
- Allow tests to be performed to determine an early diagnosis
- Ask your doctor and vet questions
- Remember only bacterial infections need antibiotics (not viral infections)

What is One Health?

Working together to keep all individuals in our families and communities (people and animals) healthy and happy.