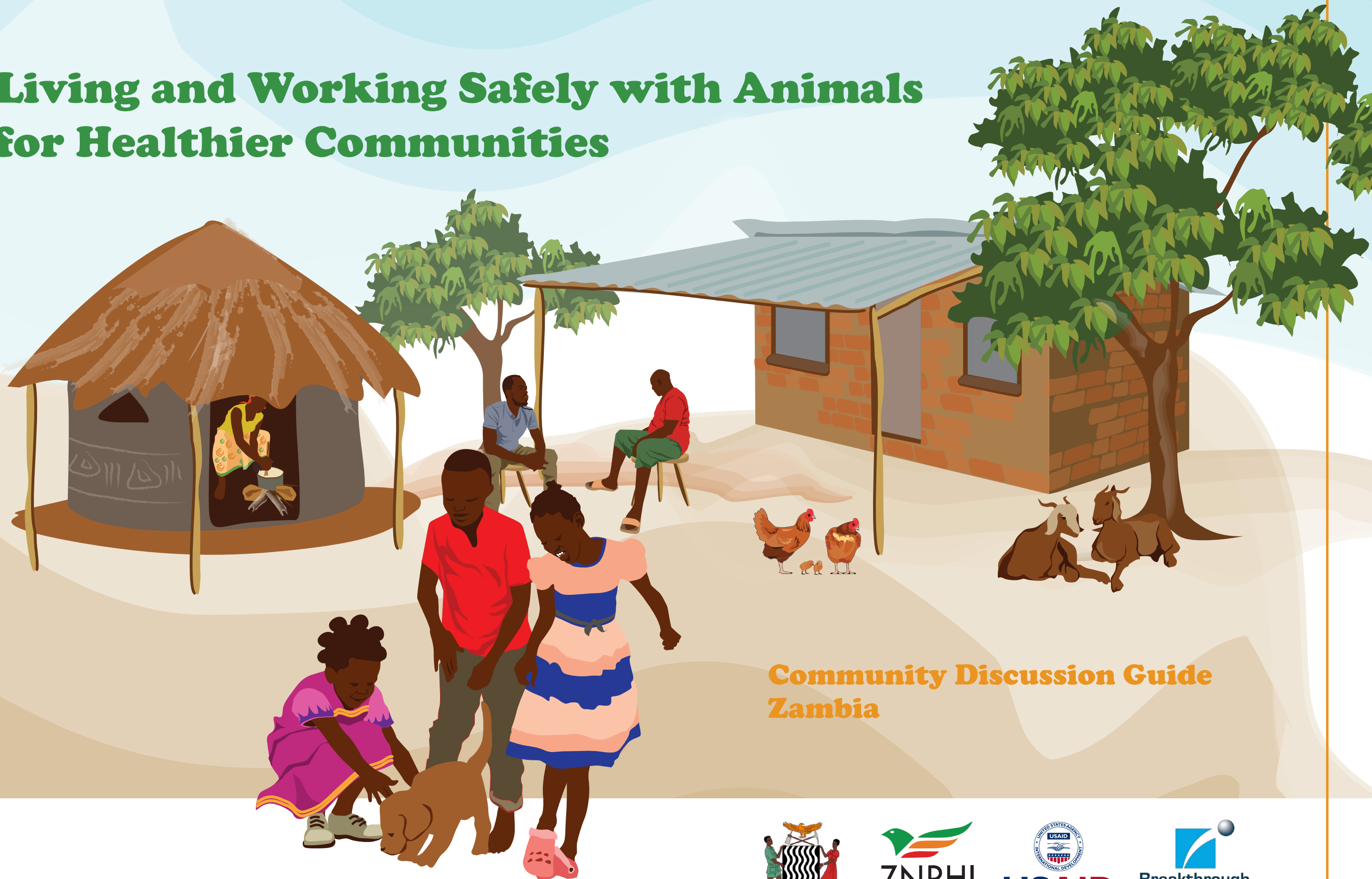


# Living and Working Safely with Animals for Healthier Communities



## Community Discussion Guide Zambia



# Acknowledgement

This material was developed by Breakthrough ACTION in collaboration with ZNPHI and its One Health partners, Ministry of Health, Ministry of Fisheries and Livestock, Ministry of Green Economy and Environment, Ministry of Local Government and Rural Development, Ministry of Information and Broadcasting, and was made possible by the generous support of the American people through the United States Agency for International Development (USAID).



# How to Use the Community Discussion Guide

The purpose of this guide is to help individuals working with communities talk to community members about how to work and live safely with animals for healthier individuals, families, and communities.

The guide has pictures showing different behaviors/practices and key messages at the back of each picture on what to do, how to do it, and why we should do it.

To use this book, follow the steps below for each page in the book.

- 1** **SHOW** the picture to the people you are talking to.
- 2** **ASK** them what they see or understand by the picture.
- 3** **THANK** them for their ideas – there is no right or wrong answer!
- 4** **LISTEN** to what they say.
- 5** **EXPLAIN** the key messages and information on the back of the picture.
- 6** **CHECK** if the information was understood.
- 7** **ANSWER** any questions.
- 8** **RECOMMEND AND NEGOTIATE** small doable actions

*Why is it important to talk about living and working safely with animals?*





# Why is it important to talk about living and working safely with animals?



It is important to talk about living and working safely with animals because:

- The health of humans is connected to the health of animals and the environment they live in.
- Animals provide security and companionship.
- Domesticated animals and wild animals are a source of food enjoyed by many.
- Animals are an important way to make money, for example selling cows, goats, chickens, pigs and sheep.
- Some animals help the crops we grow stay healthy by eating the insects that damage the crops.
- Animals that live around us can get sick just like people, so it is important to learn to live with them safely.



*Do diseases spread between animals and people?*



# Do diseases spread between animals and people?

Yes! Animals like cows, pigs, dogs, cats, monkeys and birds such as chickens can spread some diseases to other animals and to people.



- Some of the diseases that can be spread include rabies, anthrax, zoonotic tuberculosis, brucellosis, trypanosomiasis (sleeping sickness) and influenza-like illness such as bird flu.
- These diseases can be dangerous and can cause death in animals and humans.

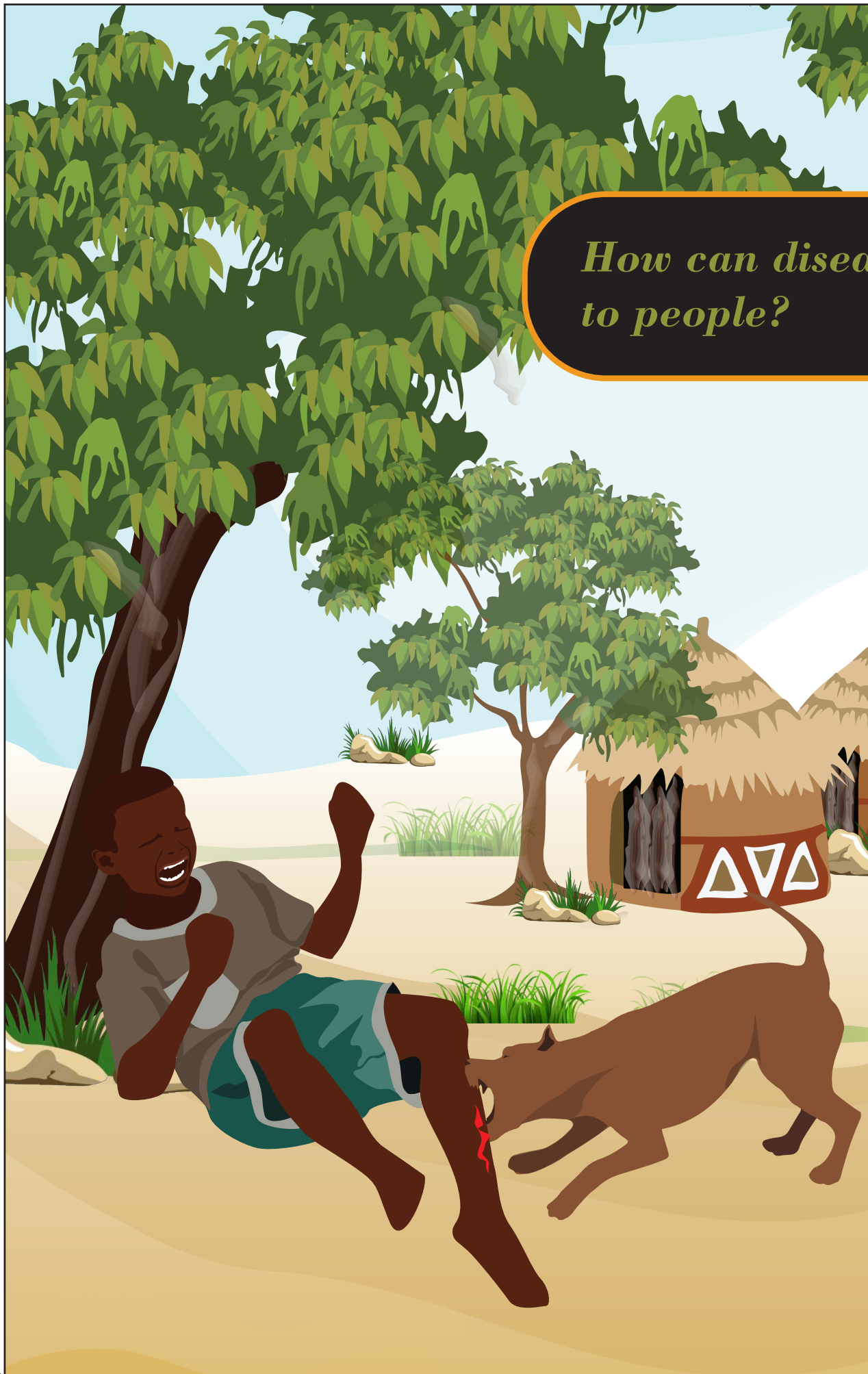


To prevent these diseases, it is important you take care when working with and living near animals because you cannot always see the signs that an animal is sick.





*How can diseases spread from animals to people?*





# How can diseases spread from animals to people?



A disease can spread from an animal to person through:

- A bite or scratch from an animal with the disease.
- Eating raw or undercooked meat or eating meat from a sick or dead animal.
- Consuming raw milk or other dairy products from a sick animal.
- Touching a sick or dead animal or its body fluids such as urine, blood, saliva or discharge from the nose of an infected animal.
- Breathing in germs from a sick animal through the air when working with their skins or hides.



We cannot always see the signs and symptoms of diseases in animals, and you cannot know for sure which animal has a disease. That is why it is very important to be careful with all animals even if they look healthy.



*How can we protect ourselves, families, communities, and animals from diseases spread by animals?*



# How can we protect ourselves, families, communities, and animals from diseases spread by animals?

There are actions you can take to protect yourself, family, community and animals when you work with and live near animals.



**Six key actions to remember are:**

- 1** Do not eat, sell, or give away an animal that is found dead or looks sick.
- 2** Always wash your hands with soap and clean water after touching any animal, even if it looks healthy.
- 3** Always cover your hands, body, face, and eyes before you touch a sick or dead animal.
- 4** Report any dead animal or animal that looks sick to the nearest veterinary office.
- 5** Wash any animal bite or scratch immediately with soap and clean water for 15 minutes and go to the nearest health facility.
- 6** Vaccinate your animals regularly.



Today, we are going to talk more about each of these key actions to understand why they are important and how these actions can be done.





**ACTION 1:**  
*Do not eat, sell, or give away an animal  
that is found dead or looks sick*





## **ACTION 1:**

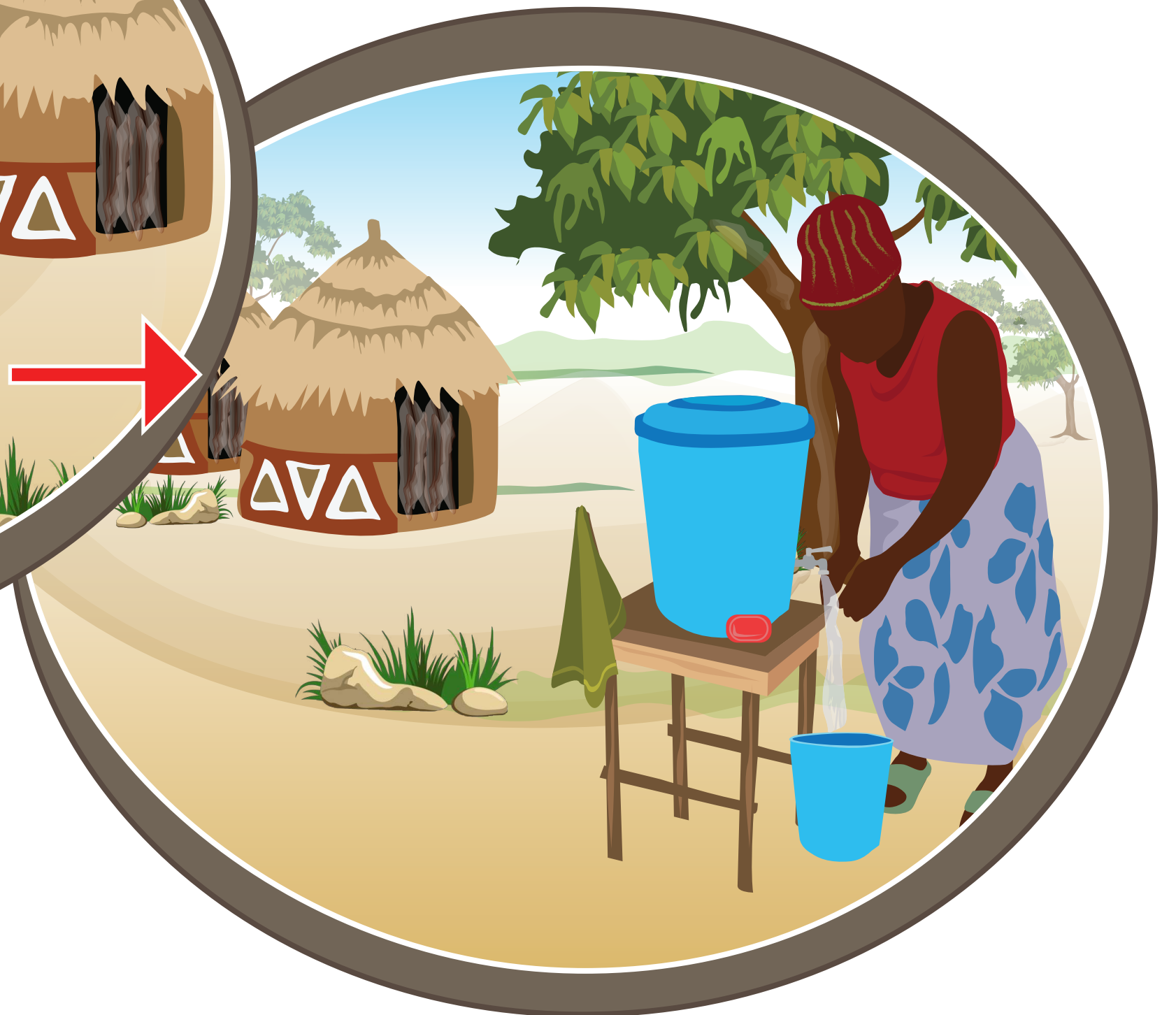
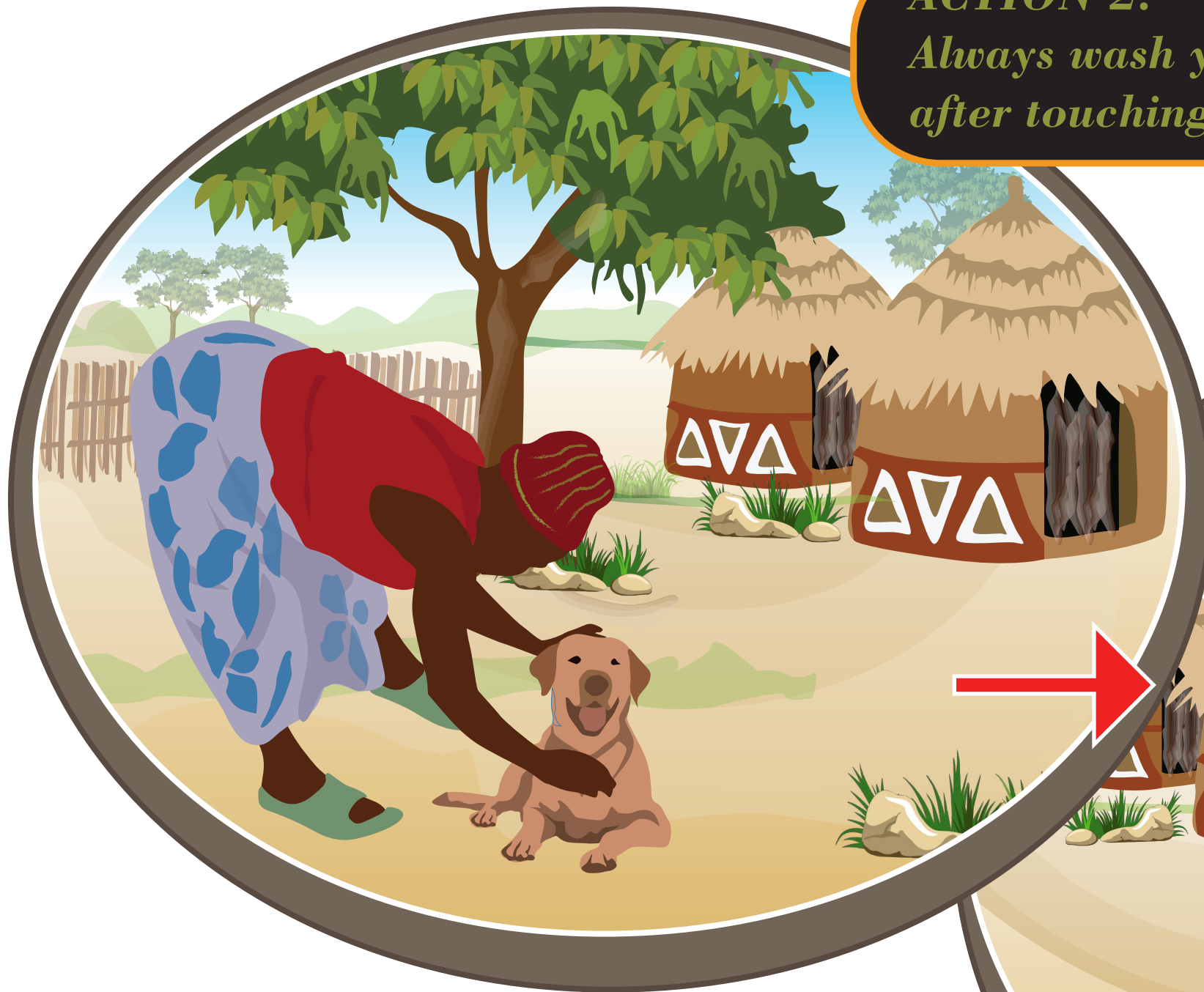
**Do not eat, sell, or give away an animal that is found dead or looks sick**



- Do not drink raw milk or dairy products from a sick animal or an animal that has recently aborted.
- Sick animals and animals we find dead can pass their disease on to other animals and people when we touch, eat, or move them from place to place.
  - An unusual number of sick or dead animals can be a sign of a disease and that the disease is spreading.
  - Separate any sick or dead animal from your healthy animals to stop the spread and inform the veterinary officer immediately.
- Do not eat or buy meat or other animal products if you are not sure of source.
- Drying meat or over-boiling the meat does not always make the meat safe.
  - For diseases such as anthrax, the spores can remain even after drying or boiling the meat of an animal with the disease.
- Do not eat, share or sell meat from wild animals that look sick or have been found dead. Report to a wildlife officer or veterinary officer if you find dead wild animals.

**ACTION 2:**

*Always wash your hands with soap and clean water after touching any animal, even if it looks healthy.*



## **ACTION 2:**

**Always wash your hands with soap and clean water after touching any animal, even if it looks healthy.**



- It is very important to wash your hands:
  - o Before and after assisting animal birth
  - o Before and after caring for a sick animal
  - o Before and after cleaning or touching the areas where animals are kept
  - o Before and after milking the animal
  - o Before and after slaughtering any animal
  - o Before and after preparing food
  - o Before and after eating
  - o Before and after playing with an animal
  - o Before and after preparing animal food
  - o After working with animals
- You cannot always see the signs of a disease. Washing your hands with soap and clean running water after touching an animal can help stop diseases from spreading between animals and people.

*What is the best way to wash our hands to stop the spread of diseases?*





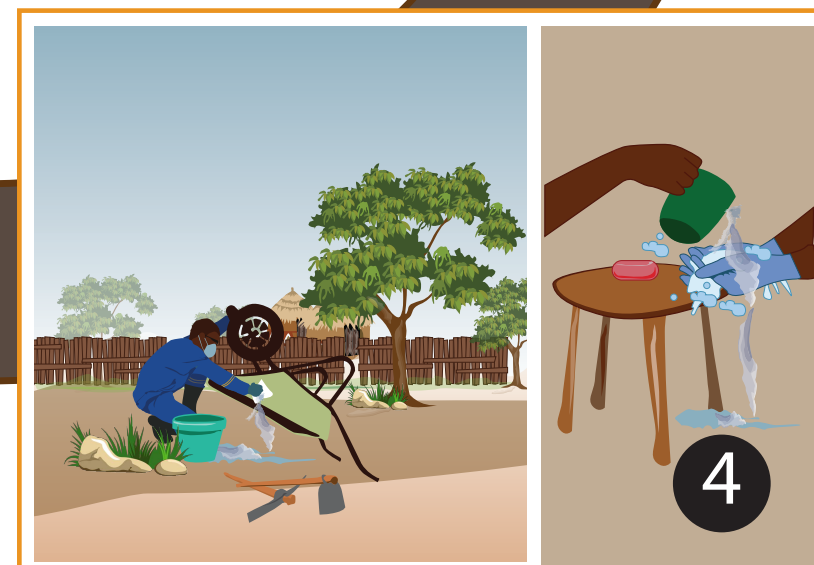
# What is the best way to wash our hands to stop the spread of diseases?



- Wet your hands with water.
- Use enough soap to cover all hand surfaces.
- Rub hands together and scrub the back of the hands.
- Scrub between fingers and under your fingernails.
- Rub your thumbs and wrists.
- Rinse hands well with clean running water.
- Dry your hands with a tissue, clean piece of cloth or swing your hands to dry them in the air.



**ACTION 3:**  
*Always cover your hands,  
body, face, and eyes before  
you touch a sick  
or dead animal.*



# **ACTION 3: Always cover your hands, body, face, and eyes before you touch a sick or dead animal.**



It is easy for diseases to spread when we touch the body, feces, or body fluids of an infected animal and then touch our eyes, nose, mouth, food, another animal, or person.

There are six steps to handling and disposing of sick or dead animals safely if you are unable to get help or guidance from a veterinary officer.

We will talk about each step.

*Safe Disposal step 1*





# **Safe disposal step 1: Protect your hands, eyes, and mouth.**



- Wear rubber gloves to protect your hands.
- If rubber gloves are not available, use plastic bags, a piece of cloth, a mat, or some other item to cover the animal, to avoid touching it with your bare hands.
- Cover your eyes with glasses and your nose and mouth with a mask or cloth.



*Safe Disposal step 2*



## **Safe disposal step 2: Use tools to bury or burn the dead animal without touching it.**



- Use a shovel, wheelbarrow, or other materials to move the dead animals to where you can:
  - o Burn it, or
  - o Bury it deeply in the soil.
- It is necessary to burn or deeply bury the dead animal in the soil far from where water is fetched and household activities take place.

*Safe Disposal step 3*





# **Safe disposal step 3:**

## **Wash your gloves while still on your hands**



- Wash the gloves with soap and clean running water while they are still on your hands.
- Washing your gloves while still on your hands is important because removing dirty gloves is one of the main ways diseases can spread.
- You will wash the gloves after steps 4 and 5 before you finally take them off.

*Safe Disposal step 4*



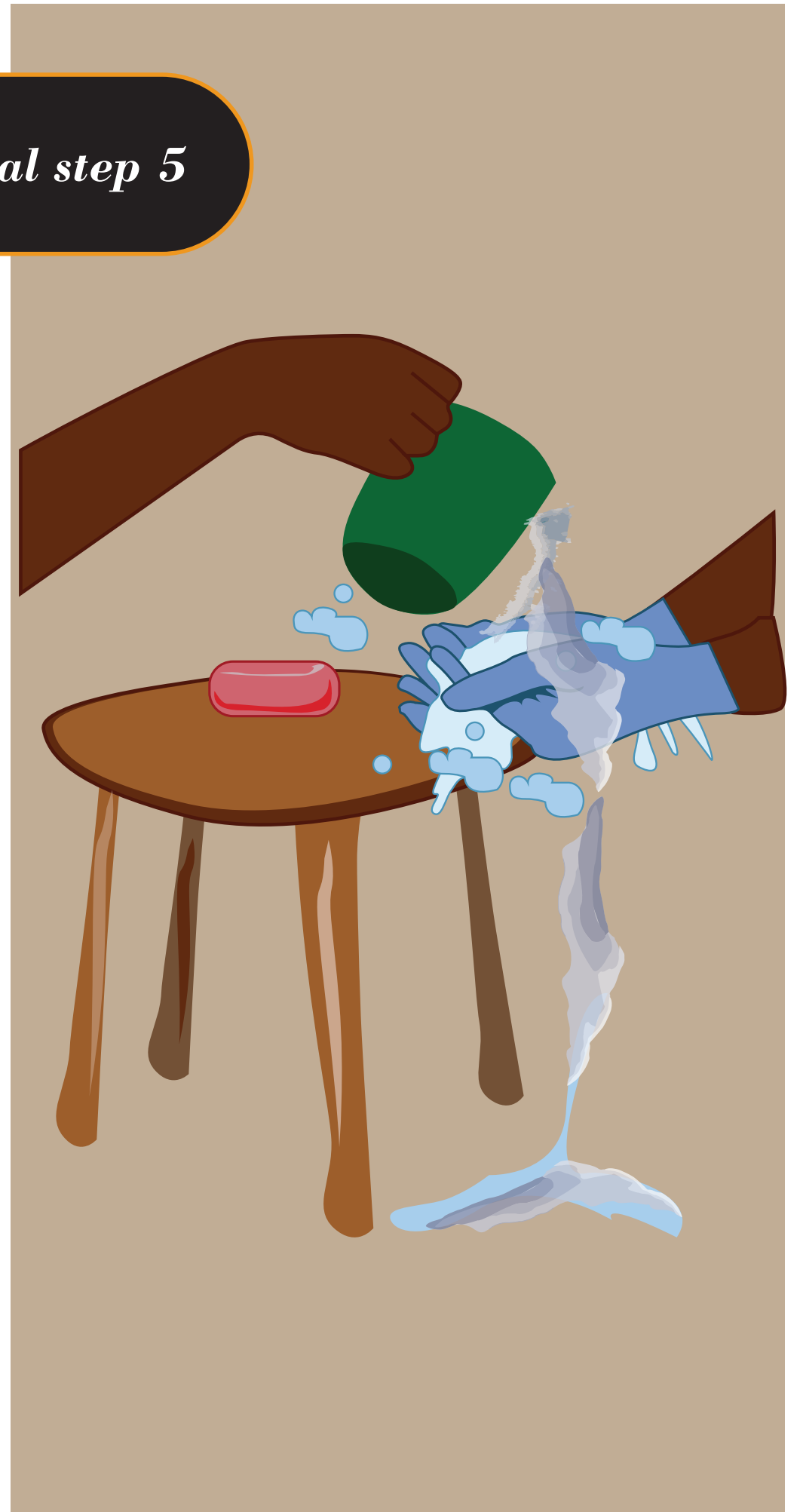
## **Safe disposal step 4:**

**With your gloves still on, wash your tools and hands with soap and clean running water**



- With your gloves still on, pour soapy water or disinfectant over the shovel, wheelbarrow and other tools used to move the dead animal and place the tools in the sun to dry.
- Then wash your hands and arms with the gloves still on them immediately with soap under clean running water.

*Safe Disposal step 5*





## **Safe disposal step 5:**

**With the gloves still on your hands, remove and wash your glasses and mask.**



- With the gloves still on your hands, remove the glasses and mask or cloth from your face.
- Wash immediately with soap and clean running water and place them in the sun to dry and then immediately wash your hands with the gloves still on them with soap and clean running water.

*Safe Disposal step 6*



**Safe disposal step 6:**  
**Remove the gloves from your hands for disposal**  
**and wash your hands with soap under running water.**



- Remove the gloves from your hands carefully and dispose them by burning or deeply burying them.
- Then wash your hands and arms immediately with soap under clean running water.



**ACTION 4:**

*Report any dead animal or animal that looks sick to the nearest veterinary office.*





## **ACTION 4:**

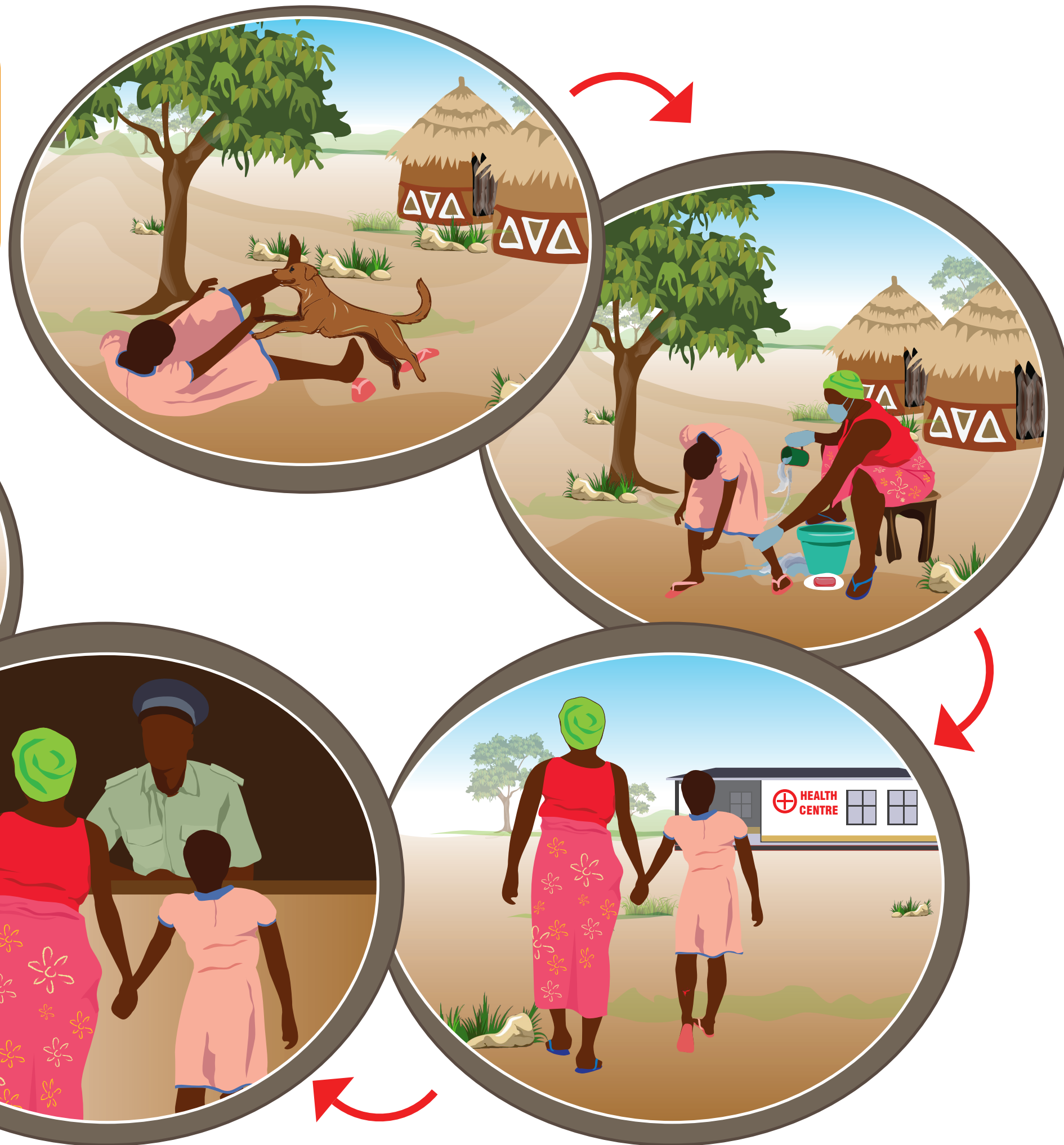
**Report any dead animal or animal that looks sick to the nearest veterinary office.**



- Report any animal that looks sick or that you find dead to the nearest veterinary office or inform a veterinary officer.
- Sick animals and animals you find dead can pass their disease to people or other animals.
- Reporting an animal that looks sick or an animal that you find dead can help district health and animal health teams know what disease it is before the disease becomes a problem to the community.

**ACTION 5:**

*Wash any animal bite or scratch immediately with soap and clean running water for 15 minutes and go to the nearest health facility.*



## **ACTION 5:**

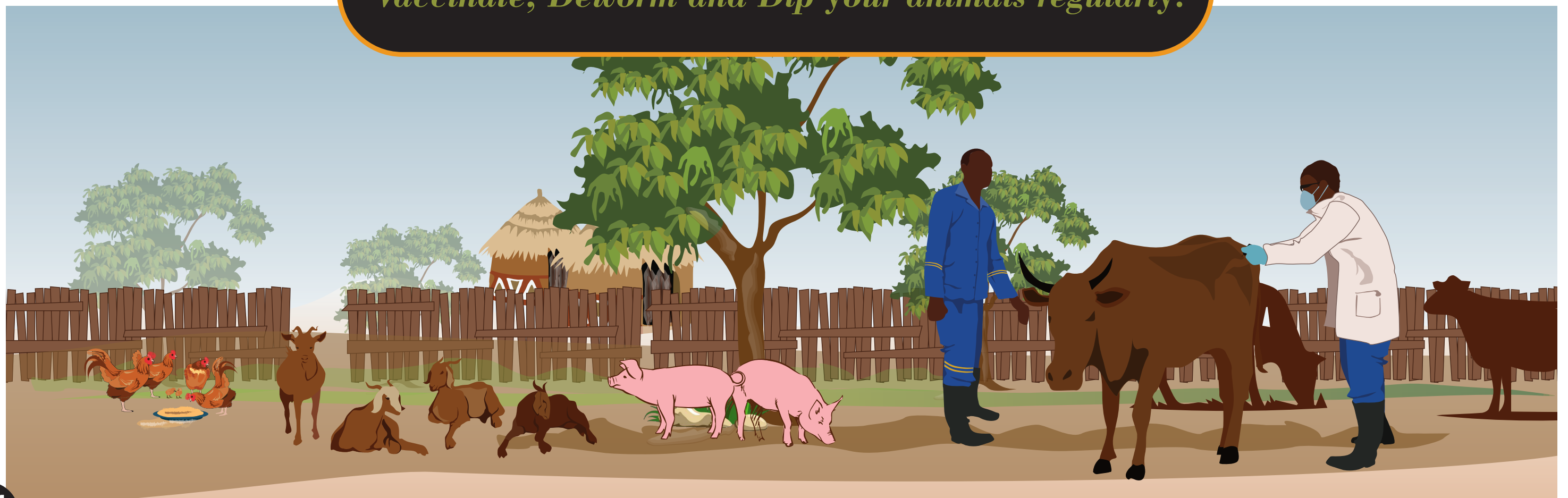
**Wash any animal bite or scratch immediately with soap and clean running water for 15 minutes and go to the nearest health facility.**



- Immediately wash the part of your body that has been bitten or scratched by an animal with soap under clean running water continuously for at least 15 minutes.
  - Washing a bite or scratch with soap and clean running water can help stop diseases such as rabies.
- After washing a bite or scratch very well, go to the nearest health facility for advice and treatment.
- Any animal that has bitten someone or another animal should be examined by a veterinary officer and kept away from other animals and people for observation.
- Ensure to report all dog bites or animal bites to the Zambia Police.
- If a person gets sick or dies after contact with a sick or dead animal, inform your nearest facility immediately.
  - Reporting an animal bite or scratch can help the district health and animal health teams know about animal disease and help keep our communities healthier.



**ACTION 6:**  
*Vaccinate, Deworm and Dip your animals regularly.*





# **ACTION 6:**

## **Vaccinate, Deworm and Dip your animals regularly.**



- Vaccinating your animals such as cattle, goats, pigs, and pets such as dogs and cats protects the animals from diseases that can be spread between animals and people.
  - o Vaccinations help keep animals healthy by protecting them against diseases.
- Regular deworming and dipping can prevent diseases from spreading between animals and people.
- As an animal owner, it is your responsibility to ensure your animals vaccinated, dewormed and dipped regularly.
  - o Preventing diseases in livestock and pets can save costs related to veterinary care, loss of livestock, and reduced productivity.
- Vaccinating, deworming and dipping your animals protects your animals, families and communities from diseases that spread between animals and people.

**Our house pledges to take action to live  
with animals safely. What action will you take?**



# Living and Working Safely with Animals for Healthier Communities

## Community Discussion Guide Zambia

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