



GET SMART Newsletter

May 16, 2017

Keeping Healthy When Visiting Petting Zoos

By: Jennifer Fiddner, MPH, Get Smart advisory member, Allegheny County Health Department

Visiting petting zoos or going to see farm animals at summer fairs is exciting for families. Children enjoy up-close and personal interactions with many animals, including goats, sheep, pigs, chicks and cattle. These experiences help them learn more about animals and promote the human-animal bond.

While these summer traditions are often fun-filled and make great memories, it is important to remember that animals can transmit germs that may make people sick. Your family can follow some simple steps to protect against illnesses while enjoying time spent with animals.



Photo:
<https://www.cdc.gov/healthypets/pets/farm-animals.html>

*Here are some public health recommendations for individuals who visit animal exhibits or petting zoos:

- Wash your hands with soap and warm water for a minimum of 20 seconds after touching farm animals, fences, buckets or other farm equipment. It is important to supervise handwashing for younger children.

- Use hand sanitizer stations if soap and water are not available.
- Don't bring any food or drink into an animal exhibit.
- Don't bring toys, children's cups, pacifiers or strollers into exhibits.
- Avoid finger sucking, nail biting and any other hand-to-mouth activities before washing your hands.

- Be sure to wash your hands after removing clothes and shoes once you leave the exhibit.

The CDC (Centers for Disease Control and Prevention) has a great podcast that helps children learn about staying healthy when visiting animal exhibits.

<https://www2c.cdc.gov/podcasts/player.asp?f=955042>

Enjoy your summertime activities and remember, wash your hands!

*Adopted from the CDC guidelines:
<https://www.cdc.gov/healthypets/pets/farm-animals.html>

Welcome to Our New Interns!

Anna-Marie Warrington

Anna-Marie Warrington is a first-year MPH student at the Penn State College of Medicine. She has a concentration in Health Systems Organization and Policy, while also pursuing a certificate in global health. Anna-Marie hopes to one day work in government formulating and analyzing health policy. In the future, she plans to continue actively participating in public health programs, working towards improving the health of the population, while exploring her passion for global health and health disparities. This July, she will participate in a study focused on health economics at the Taipei Medical University, Taiwan.



Youllee Kim

Youllee is currently pursuing her Ph.D. in Communication Arts and Sciences at Penn State University. She is interested in health communication, persuasion, and strategic campaigns. During her undergraduate and master's studies, she participated in several international development projects that triggered her passion in implementing health interventions to promote wellbeing for at-risk communities.



Activity Corner!

L N I C Y R W A T E R
U L C F F H E A L T H
C H I C K S G J T Y T
P I G S R Y E D I I D
E Z W T E E R Y S T P
L P O Q M S M H G I A
T E U O M P S O O B O
T E T Y U F A Y A T S
A H W V S T N U Q O W
C S K N S F T D K W I
G U Z I K L W K O I W

Summertime Word Search!

See if you can find these words, found in the April Get Smart Newsletter:

- | | |
|--------|--------|
| Cattle | Sheep |
| Chicks | Soap |
| Germs | Water |
| Goats | Summer |
| Health | Zoo |
| Pigs | |

Countdown to Get Smart Competition 2017!

168 Days

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www.KnowWhenToSayNo.com



If you would like more information, please contact us. To unsubscribe, email knowwhentosayno@pa.gov.