

raw fruit and vegetables should be washed before eating



Personal Hygiene

Hands should always be washed thoroughly with soap and water:

- after contact with animals
- after going to the toilet
- after handling raw meat
- before food preparation.

Good Food Practices

- Food should be cooked thoroughly.
- Uneaten cooked food should be stored in the fridge.
- Raw and cooked foods should be kept separate when refrigerated.
- Stored cooked food should be reheated thoroughly before eating.
- Raw fruit and vegetables should be washed before eating.
- Milk should be pasteurised.
- Do not drink raw milk.



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zoonosis

disease from animals



... to prevent disease transfer to people



DISEASE FROM FARM ANIMALS

Farmers, vets and others who work with animals or their products are at a higher risk of contracting certain diseases from animals than the general population. Infectious diseases that can be contacted from animals are called zoonoses. Even healthy animals can transmit zoonoses to people either directly or indirectly.

Many of the diseases listed below do not usually cause serious illness in healthy adults, however, they can be extremely serious in certain groups of people including:

- very young and elderly people
- people with suppressed immune systems
- pregnant women.

Common diseases that can be transferred from animals to humans include:

- *Salmonella*
- *Campylobacter*
- Verocytotoxigenic *E. coli* (VTEC), including *E.coli* O157
- Listeria
- Toxoplasmosis, Leptospirosis, Q Fever, Brucellosis, Cryptosporidiosis, Tuberculosis (TB).

Do Not Drink Unpasteurised Milk

- Disease organisms that may be present in unpasteurised milk (raw milk) from perfectly normal animals include: *Salmonella*, *Campylobacter*, *Listeria*, *E. coli* O157, *Brucella*, *Mycobacterium Bovis* and *Staphylococcus aureus*.

it is illegal to sell unpasteurised cows' milk in Ireland

- Disease causing organisms present in raw milk are destroyed by pasteurisation.
- A survey in 1998 found that 84% of dairy farm families consumed unpasteurised milk.
- It is strongly recommended that all people avoid drinking unpasteurised milk, especially high-risk groups including the very young, the elderly, the immuno-compromised and in particular, pregnant women. Pregnant women should also avoid products made from unpasteurised milk.
- It is strongly recommended to use a home pasteuriser or purchase pasteurised milk. Home pasteurisers can be purchased for approximately €450 (Apr 2007).

Advice for Open Farms and Farmhouse B&Bs

Visitors to farms may be unaware of the possibility of getting disease from animals. This potential should be communicated to visitors who should be advised of the need for thorough handwashing prior to consumption of food and avoidance of hand to mouth transfer.

- Ensure adequate toilet and hand-washing facilities. Low down hand washing facilities (with running water) should be provided for children and this activity should be supervised.
- Visitors should wash hands before eating and drinking, and after contact with animals or animal housing or handling facilities.
- Pregnant women should avoid areas where animals (especially ewes) are giving birth or have given birth. They should also avoid areas where cows are being milked.
- Whilst going around farms, children should be discouraged from eating.
- Catering facilities should comply with food hygiene legislation. In particular, these should be clearly separate from animal areas and have adequate hand washing facilities.

Salmonella and other disease organisms may be present in unpasteurised milk

The Farm Environment

- Keep visitors away from animal feed, dung, slurry, storage facilities, areas of manure and waste disposal.
- Keep public areas clean and control pests, e.g. rats and flies and birds

Animal Health and Husbandry

- Isolate sick animals.
- Provide secure housing and pens.

Advice to Farmers

Good Farm Practice - Good Food Safety

Livestock

- Maintain clean healthy livestock.

Water

- Ensure a safe source of drinking water.

Animal Slurry/Manure

- Avoid contamination of water sources.
- Avoid spreading slurry/farmyard manure within 50 metres of private dwellings, school grounds, public buildings or amenity areas.
- Avoid contamination of vegetable growing plots.
- Slurry/Manure from diseased animals must be treated to destroy pathogens, e.g. by mixing with lime, prior to land-spreading.