



# STAYING HEALTHY DURING FARM VISITS

➤ Getting to meet farm animals brings many benefits and pleasure to children and adults alike.

However, animals and the farm environment naturally carry germs, some of which may cause illness. Some of these illnesses can be severe with the potential to be life threatening.

To make your visit as safe and enjoyable as possible, here are some of the precautions that you must take:

- Follow instructions of staff at all times
- **Hand washing is VERY important.** Always wash and dry hands and the hands of those in your care thoroughly with running warm water and soap after contact with animals, before eating and before leaving the farm
- Cleansing wipes or sanitizing gel are not acceptable substitutes for proper hand washing on a farm
- Keep to the open farm pathways and routes
- Heed the signs that are posted throughout the farm
- Do not enter pens in which animals are housed. Children must not be lifted or allowed to climb in with the animals in their pens
- Be respectful and gentle with animals at all times
- Don't kiss the animals or let them lick your face and never touch any animal droppings
- Supervise children at all times
- Ensure that children do not put dummies, toys, etc into mouths if they have been contaminated
- Only eat in designated areas and, in particular, ensure that eating and drinking does not take place in animal areas
- Only drink water from taps that are clearly marked 'drinking water'
- Special precautions need to be taken by pregnant women, including avoiding contact with all animals, particularly birthing animals.
- Clean footwear before leaving

