

March Health



Keeping Animals Healthy:

- Keep your animals up to date with their vaccinations.
- Deworm livestock and pets regularly.
- Make sure livestock facilities are kept well ventilated, so dust and gases can be kept to a minimum in indoor facilities.
- Keep chutes, stalls, fences and ramps in good repair so that the animals do not get injured.



Staying Healthy:

- Wash your hands frequently throughout the day.
- Cover up when you cough or sneeze.
- Try to get at least 8 hours of sleep every night.
- Stay up to date with your vaccinations.
- Stay active by doing physical activity every day and limiting your time in front of a television or computer screen.
- Healthy eating keeps your body functioning properly, so try eating more fruits and vegetables instead of junk and fast foods.

Preventing Diseases passed from animals:

- Diseases can be spread through being bitten from an infected animal, eating infected foods, or even from handling animals or their waste.
- Do not handle strange or wild animals that appear to be tame.
- Wash your hands after you have handled any animal.
- If an animal scratches you, clean the scratch right away.
- Keep the animals facilities clean and sanitary.
- When assisting with birthing livestock, handling dead animals, giving injections, handling unhatched eggs, etc. you should wear gloves, goggles and a mask, and change contaminated clothing and shower when you are done.
- Use insect repellents, inspect your skin regularly and remove ticks quickly. This will help reduce your risk from insect transmitted diseases.

Activities

Short Activity:

- Watch the chapters on Animal Welfare and Animal Diseases on the Safe Animal Handling CD-ROM resource you can get from the BC 4-H office. Then go through the multiple choice questions that follow the video clip with your club.
- Form a circle and have each member say a sentence that is about staying healthy that follows the alphabet. First person starts with “a”, second person does a sentence for “b”, etc.
 - For Example:
 - Apple a day keeps the doctor away.
 - Better wash up before a meal.
 - Cough into your elbow not your hand.
 - Deworm livestock and pets regularly.
 - Exercising is good for you.



Longer Activities or Safety Camp:

- Organize for the club members to take a first aid course or a babysitting course (for older members) so that they can learn how to safely take care of injuries or keep children safe while babysitting.
- Have your club practice their safety judging skills, by judging different first aid kits. This way they will learn what is to be in a first aid kit and practice their judging skills at the same time.

March

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