



# Best friends shouldn't share everything

A quick guide to staying healthy around your pet.

## What's the risk?



Pets can carry diseases like parasites, bacteria and fungi that can be passed on to people

These are called zoonotic diseases\*



Zoonotic diseases can be spread via bites or scratches, or in faeces (poo) or urine

\* The most common zoonotic diseases in NZ include Campylobacteriosis, Salmonellosis, Yersiniosis and Cryptosporidiosis but there are many more

## How will it affect you?

There is no connection between whether or not your pet is sick and how sick you may become. Your symptoms depend on what bug you were infected with.



**SOME AFFECTED PEOPLE SHOW NO SYMPTOMS**



**OTHERS HAVE ILLNESSES WHICH RANGE FROM MILD TO SEVERE**



Infection can damage any part of the body including the skin, stomach and bowels, kidneys, heart, lung, liver, brain and eyes.

You might feel ill (stomach ache), vomit, have diarrhoea, headaches, a high temperature or rash.

# Who's most at risk?

Anyone can become infected but generally those with weaker immune systems like:



THE ELDERLY



EXPECTANT MOTHERS  
AND INFANTS



THE SICK

## How can we prevent the spread?



### YOUR PET

De-worm dogs and cats to eliminate internal parasites

Control fleas and ticks to prevent the spread of disease

Get dogs and cats vaccinated

Keep your pets away from wildlife that can carry disease



### AND YOU

Wash hands after playing with your pet

Remove pet faeces (poo) daily to prevent the spread of disease

Watch children when they are playing with animals

Socialize your dog or cat to reduce the risk of bites or scratches

Remember to take your pet to the vet for regular checkups. Talk to your vet if you have any questions or concerns about zoonotic diseases.

**MOST IMPORTANTLY,  
REMEMBER TO WASH  
YOUR HANDS**



Content developed by



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UNIVERSITY OF NEW ZEALAND

VETERINARY,  
ANIMAL AND  
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District Health Board  
Te Poari Hauora o Waitaha

Community and Public Health offices in Christchurch, Ashburton, Timaru and Greymouth

For more information visit:

<http://www.cph.co.nz/resources/>

<https://www.healthed.govt.nz/resource/infectious-diseases-0>