

Personal infection prevention

What you can do to avoid infection from animals such as Q fever; avian influenza; streptococci; MRSA, Campylobacter, ringworm etc. **One milligram of fertiliser may contain millions of bacteria.**

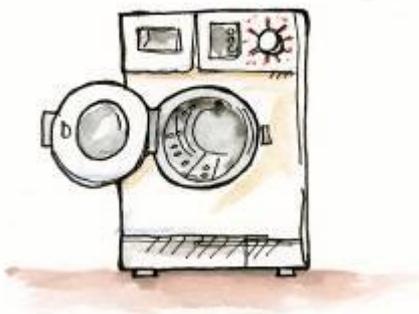
Basic habits

- Do not bring objects /shoes/clothes from the stables into the dining room/farmhouse
- Avoid "picking" your nose – use disposable handkerchief/swab
- Put on clean clothes every morning
- Wash and dry the dirty work clothes after each day working with livestock
- Keep the lunch room cleared and clean of dust and dirt
- Use a respirator with P3SL or FFP3SL filters during high pressure cleaning of stables from start to finish
- Use respirator with P3SL or FFP3SL filters during close work with animals, eg active obstetric care



When you pause

1. Change coveralls
2. Wash hands carefully with soap
3. Wipe hands with paper towel
4. Rub hands with ethanol (70- 85 % alcohol) with glycerol



At the end of your shift

1. Put your work clothes directly into the washing machine and wash at 60 degrees
2. Include washing your hair in the shower
3. Use a clean towel
4. Clean your fingernails
5. Rub hands with ethanol (70- 85 % alcohol) with glycerol
6. Put on clothes, that have been in a closed room free of dust

Read more: www.qfever.org and www.lr.dk/q-feber