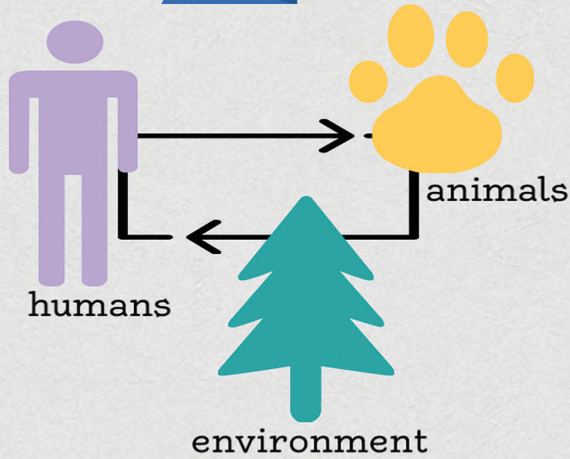


One Health & You!

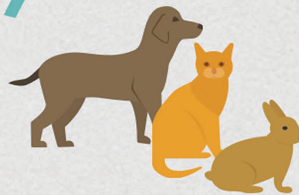


One Health is the idea that the health of humans, animals, and the environment are all connected.

Why One Health Matters

People depend on animals for food, companionship, recreation, and work.

Animals depend on people for care, protection, medical needs, healthy diets, and safe homes and habitats.



People and animals depend on clean air, water, and a healthy and balanced environment.



Working Together

One Health involves communication and collaboration between many different people working in the areas of human, animal, and environmental health.

Careers in One Health

Human Medicine

Animal Medicine

Food Safety

Wildlife Biology

Public Health

Ecology

Research

Environmental Science

Conservation

Government

Epidemiology

You Can Help!

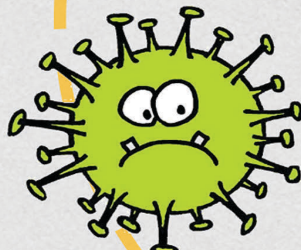
-Wash your hands to keep people, animals, and the environment free from germs.

-Promote a healthy lifestyle for people and animals. Eat well and exercise.

-Keep wildlife safe. Do not try to touch them or destroy their habitats.

-Keep your animals healthy. Take them to a veterinarian when they are sick.

-Keep the environment clean. Keep trash off the ground and out of the water.



"Stu Flu"

-Stay educated. Learn how diseases can spread between people and animals.

-Become a One Health Champion!

Questions about One Health?
Contact us at
vbzd@azdhs.gov or 602-364-3676
Visit www.azhealth.gov



ARIZONA DEPARTMENT
OF HEALTH SERVICES