

# About zoonoses

**A zoonosis is a disease or infection that is transmitted from vertebrate animals (with a bony skeleton) to humans. There are over 200 types of zoonoses of which most are dangerous to man.**


Zoonoses are caused by various organisms. These are:

- Viruses are the cause of diseases such as rabies, Crimean-Congo haemorrhagic fever, avian influenza, ebola and Rift Valley fever.
- Bacteria are usually the cause of foodborne zoonoses such as salmonellosis, anthrax, brucellosis, *E. coli*, leptospirosis, shigellosis and plague. These diseases can be transmitted through infected foods such as milk and meat.
- Rickettsias are bacteria that appear as parasites on ticks, fleas and lice. They lead to diseases such as Q-fever and ornithosis. It can lead to chronic signs of illness such as hepatitis.
- Parasites include helminthes (worms) such as tapeworm and sandworm. Other parasites can cause cysticercosis, which is transmitted from pigs to humans and causes epilepsy, headaches and other symptoms. Parasites can also include fungi such as ringworm.

Rabies is transmitted directly, when a dog bites a human. Other zoonoses are transmitted indirectly, for example when a person eats the measles-infected pork and then gets tapeworm. Transmission can also occur where an insect acts as a carrier, for example transmitting yellow fever from a monkey to a human.

## Prevention and treatment

It is important to note that children, the elderly, pregnant women and people with HIV, are more prone to zoonosis infection than most other people. Here are some basic ways in which you can prevent zoonoses from affecting your family:

- Wash your hands for at least one minute with an anti-bacterial soap after having touched animals, raw hides, uncooked meat, sand, and after gardening or handling faeces.
- Keep pets' sand boxes covered when they are not in use. Replace the sand regularly and keep sand boxes and pet food and water bowls out of reach of children.
- Pick up pet faeces regularly and dispose of it properly.
- Wear shoes when walking into pigsties, kennels and in areas soiled with faeces.
- Do not allow pets to lick you on the face or mouth.
- Do not swallow water from lakes, streams and swimming pools.
- Have your pet examined by a veterinarian regularly and deworm your pets as prescribed.
- Practise flea and tick control on your pets and in your household.
- Check for ticks on your body after camping, hiking in the veld or working in tall grass. 

# What are zoonoses?

Zoonosis is a disease that is transmitted from animals to humans. It is caused by viruses, bacteria, rickettsias and parasites.



## How do you get infected?

- When you eat infected animal products or an animal bites you.
- Even an insect can act as a carrier.

## Prevention

- Wash your hands after working with animals.
- Wear shoes and protective clothing.
- Drink clean water and cook food well.
- Deworm and dip your animals.



## Wat is soönose?

'n Soönose is 'n siekte wat van diere na mense oorgedra word. Dit word veroorsaak deur virusse, bakterieë, rickettsias en parasiete.

## Hoe raak 'n mens besmet?

- Wanneer jy besmette diereprodukte eet of 'n dier jou byt.
- Sels insekte kan as draers optree.

## Voorkoming

- Was jou hande nadat jy met diere gewerk het.
- Dra skoene en beskermende klere.
- Drink skoon water en kook jou kos behoorlik.
- Ontwurm en dip jou diere.



## Yini i-zoonosis?

I-Zoonosis isifo esidluliswa sisuka ezilwaneni siye kubantu. Sibangwa ngamavayirasi, amabhaktheriya, imikhaza kanye nezimbungulu.

**Utheleleka kanjani?**

- Uma udla imikhiqizo yezilwane ezithelekile noma isilwane sikuluma.
- Ngisho isinambuzane singayithwala.

**Ukuvimbela**

- Geza izandla zakho emva kokusebenza ngezilwane.
- Gqoka izicathulo nezinye izimpahla zokugqoka ezivikelayo.
- Phuza amanzi ahlanzekile futhi ukudla ukupheke kahle.
- Izilwane zakho ziphuzise umuthi wezikelemu futhi uzidibhe.

**Lefu la diphoofolo le tshwarang batho ke eng?**

Lena ke lefu la diphoofolo le tshwarang batho. Le bakwa ke divaerase, bakhatheria, baktheria e bakang feberu le mehlampepe.

**Motho o tshwaetseha jwang?**

- Ha o eja dihlahiswa tsa diphoofolo tse tshwaeditsweng kapa phoofolo e ka o loma.
- Esitana le kokwanyana e ka ba sethothi.

**Thibelo**

- Hlatswa matsoho a hao ka mora ho sebetsa ka diphoofolo.
- Rwala dieta le diaparo tse thibelang.
- Enwa metsi a hlwekileng mme o phehe dijo hantle.
- Ntsha diboko hape o tipe diphoofolo

**Yintoni i-zoonoses?**

I-zoonosis sisifo esidluliselwa zizilwanyana ebantwini. Ibangelwa ziintsholongwane, irikhethsiyasisi kunye nezidleleleli.

**Wosuleleka njani?**

- Xa uthle waya iimveliso zesilwanyana ezosulelekileyo okanye xa ulunye we sisilwanyana.
- Kanti nesinambuzane singasisithwala-sifo.

**Ukunqanda**

- Hlamba izandla zakho emva kokuba ubuphathaphathe/ubusebenza ngezilwanyana.
- Nxiba izihlangu nempahla yokukhusela.
- Sela amanzi acocekileyo yaye ukuphekisise ukutya.
- Zikhuphe iintshulube izilwanyana zakho yaye uzuse ediphini. 