
NEWS RELEASE

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North Dakota Department of Health Promotes One Health Day

BISMARCK, N.D. – November 3 is One Health Day, a global day of action to promote awareness of the relationship among the health of people, animals, plants, and their shared environment. The North Dakota Department of Agriculture (NDDA), the North Dakota Game and Fish Department (NDGF), and the North Dakota Department of Health (NDDoH) are encouraging the public to recognize the link between human and animal health.

“More than half of all infectious diseases people get can be spread by animals, including pets,” said Laura Cronquist, epidemiologist with the NDDoH. “Many of these diseases can also be spread from people to animals or to other people.”

The NDDoH, NDGF, and NDDA recommend the following tips to keep you, your family, and your pets healthy:

- Practice good hand hygiene. Washing your hands with soap and clean, running water is one of the best ways to stay healthy and prevent spreading germs. Always wash your hands after contact with animals, their food, and their environment.
- Keep your pets healthy. Make sure your pets get a good diet, fresh water, shelter, and exercise. Regular veterinary care is also important for pets. Your veterinarian can advise you on the recommended or required vaccinations for pets.
- Avoid animal bites by always asking whether it is okay to touch someone else’s pet before approaching the animal. Teach children never to handle or approach unfamiliar animals without permission from a parent or guardian and the animal’s owner.
- Always supervise young children around animals. Children younger than 5 years of age are more likely than most people to get diseases from animals.
- Decrease the risk of rabies exposure to you and your pets by making sure your pets are up-to-date on their rabies vaccinations. Keep stray animals and wildlife, especially skunks, away from pets and livestock.

To learn more about [One Health](#), please contact the NDDoH Division of Disease Control at 701.328.2378, the NDDA Animal Health Division at 701.328.2655, or NDGF at 701.328.6300.