

## Living Healthy with Pets

- After touching or playing with your pet, remember to wash your hands and face.
- Pets should have their own feeding and drinking bowls. Wash these separately from the family utensils.
- Do not allow your pet to eat your food and keep your pet away from your plates and utensils.
- Pets should not be allowed to walk on top of kitchen tables and counters.
- Bath and groom your pets regularly to ensure they are kept clean and tidy. Grooming or brushing helps to remove loose hair or fur and enables you to check for any skin problems or parasites.
- Clean and wash pet's cage and sleeping area including their toys. For small pets like hamsters, change bedding regularly.
- Clean up pet droppings from litter boxes and the compound daily. Pooper scoopers and deodorisers are available from pet shops for this purpose.
- Never feed your cat uncooked meat or fish.
- Visit the vet for regular deworming and annual check-ups to keep pets healthy and free from parasites.

