1. Prevent Disease
   - Wash your hands after touching pets, their toys, bedding, or stool
   - Make sure pets are on monthly flea/tick control
   - Make sure their shots are current
   - Make sure they go to the vet at least one time a year

2. Prevent Dog Bites
   - Avoid scaring, cornering, or waking up a sleeping dog
   - Teach kids how to respectfully approach dogs
   - Be careful when coming close to a new dog
   - Make sure your dog can’t leave the yard

3. Spay and Neuter Pets
   - Sterilizing pets has many benefits, like lowering their chances of...
     - Getting cancer or infection
     - Being hit by a car
     - Being aggressive
     - Wandering or getting lost
     - Inappropriate urination

4. Avoid Smoking
   - Don’t smoke around your pets, even during a walk, in the car, or in the yard
   - Throw away cigarette butts; never leave them on sidewalks or in public parks
   - Make sure pets don’t eat cigarette butts

5. Prevent Obesity
   - If you can’t feel your pet’s ribs, feed them less
   - Give 1-3 meals per day

6. Prepare for Emergencies
   - Have extra supplies, like food, water, medicine, bowl, and leash
   - Make sure pets have an ID tag and microchip
   - Carry a picture of your pet
   - Know which hotels take pets in case you must evacuate
1. **Prevent diseases** – Diseases can be spread between animals and people through: stool, urine, bites, scratches, rashes, fleas/ticks, coughing/sneezing.

2. **Prevent dog bites** – Children are the most common victims of dog bites.

3. **Spay/Neuter (sterilize) your pets** – This is a surgery done on animals to prevent them from having babies.

4. **Avoid Smoking** – Cigarette smoke can cause cancer in pets and cigarette butts can poison pets and cause fires.

5. **Prevent Obesity** – Overweight pets are more likely to get diabetes or arthritis.

6. **Prepare for Emergencies** – Plan for yourself, plan for your pets.

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**2020 Healthy Pets, Healthy Families Coalition**

A group of Southern California-based veterinarians, doctors, and other animal experts working together to improve animal and human health.

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**2020 Healthy Pets Healthy Families partners:**

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