

ONE HEALTH for WELLNESS



One Health means:

- Human, animal, and environmental health are linked.
- A healthy environment supports healthy people.
- But...
 - **Pollution** of water, air and soil can impact our health.
 - **Diseases** can be **transmitted between animals and humans**, sometimes **via carriers like ticks or mosquitoes**.
 - **Food-stuff** can contain contaminants or infectious bacteria and viruses.
- **By working together, doctors, farmers, veterinarians, forest staff, and others, have a better chance to protect us.**



Healthy & Safe Food

- **Prefer local & organic food** without pesticides.
- **Avoid raw/ undercooked milk, eggs, meat and fish** to protect yourself against infectious food-borne diseases.
- **Prepare dishes hygienically** and **wash hands** before cooking and eating.















Healthy Nature for mental & physical Health

- **Do your part to keep air & water clean** to protect your health.
- **Trees provide shade and keep the temperature down** – save them.
- **Relax and recharge in nature** for a calm mind.

Protected from Diseases

- Use the QR codes to understand the risks and how to protect yourself.

 Kyasanur Forest Disease 	 Toxo-plasmosis 	 Lepto-spirosis 
 Dengue 	 Rabies 	 Brucellosis 



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The One Health and Agroecology Project supports One Health measures in Goa and Madhya Pradesh – find out more via the QR Code.

