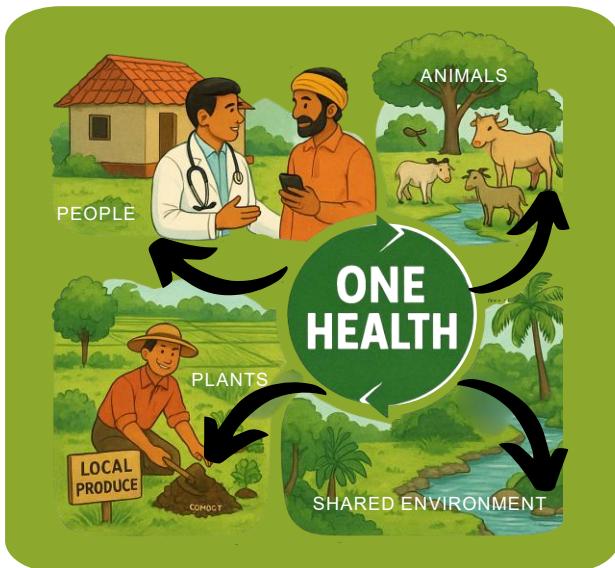


# ONE HEALTH for WELLNESS



## 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.

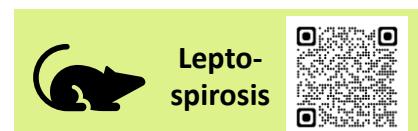


## Healthy Nature for mental & physical Health

- 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.



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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.

