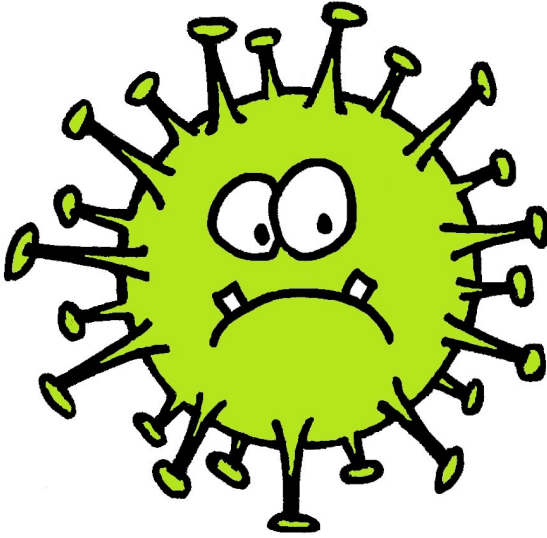




# Zonies

Z-mag for Arizona 4-H'ers



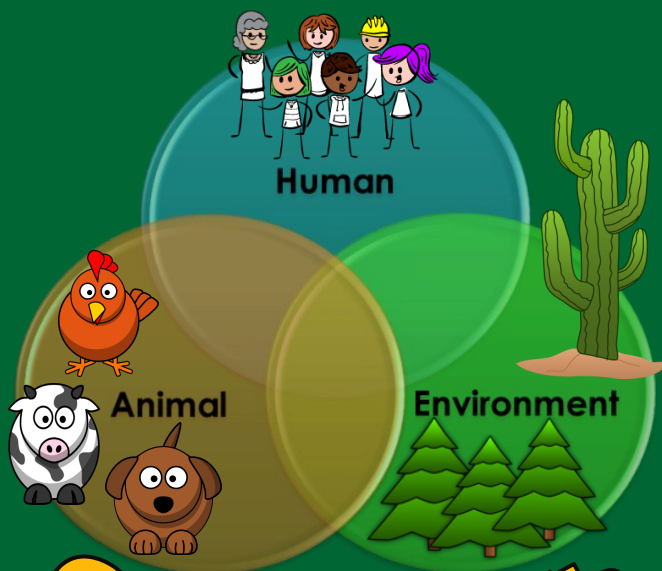
Maricopa County  
Public Health  
[WeArePublicHealth.org](http://WeArePublicHealth.org)



# Greetings Zonies!

We are excited to introduce to you the first issue of **Zonies Magazine (Z-Mag)** - an electronic magazine dedicated to our 4-H partners here in the Land of Zonies (Arizona). We hope you enjoy reading Z-Mag as much as we enjoyed creating it.

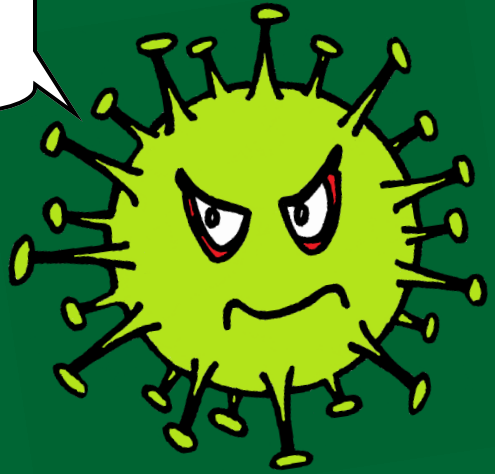
In this first issue we want to introduce the concept of 'One Health'. What *is* One Health you may ask? **One Health is the idea that the health of humans, animals and ecosystems are all interconnected.** We depend on animals for lots of things such as food, companionship, work and recreation. Animals depend on us to provide care, livestock husbandry, medical needs, healthy diets and providing healthy and safe homes and habitats. And we all depend on a balanced and healthy environment.



1

# One Health

I'm **Stu-Flu** and I'm  
out to get you!



The goal of **One Health** is to protect and improve the health and well-being of all species through communication, cooperation and collaboration between people who work in the different areas of human, animal and environmental health. These people include livestock farmers, veterinarians, public health scientists, doctors, environmental health professionals and scientists, animal control officers, wildlife managers, and many others. Can you think of some other people and professions that are a part of the **One Health** team?

List some other **One Health** partners below:

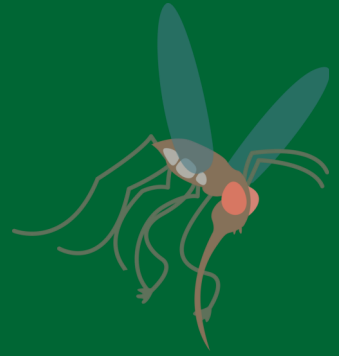
1)

2)

3)

4)

Why is **One Health** important? It is this **One Health** network that protects humans and animals from a lot of the infectious diseases that are plaguing our planet. The truth is we all live in a world of microorganisms some of which can make us sick and some can even kill. “New” disease threats - often referred to as **“Emerging Diseases”** - are being identified every year.



Can you name some **Emerging Diseases** that have been in the news recently?

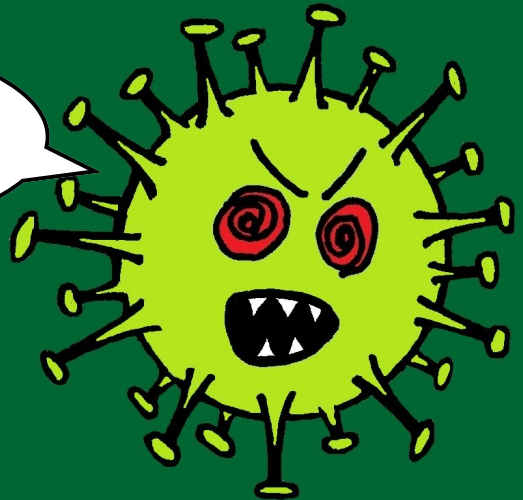
1)

2)

3)

4)

Don't call me  
“EMERGING”!!!



So where do these **Emerging Diseases** come from? Most of them (approximately 75%) come from animals - the animals that we keep as pets, or hunt, or raise for meat or eggs, or animals that simply share our environment. Animal diseases that can infect humans are called "**zoonotic diseases.**" These **zoonotic diseases** may circulate among animals until circumstances are right to "spill-over" into humans. It is the **One Health** partnerships that help us to identify many of these disease threats early. And, it is these same partnerships that can join forces to come up with solutions to protect people and animals. This is a constantly evolving field where these partnerships will need new scientists to help prevent and eliminate diseases now and in the future

Below is a list of some **zoonotic diseases** that you may recognize. Can you match the disease with the animal source?

- |                                 |               |
|---------------------------------|---------------|
| 1) Hantavirus                   | a) Ticks      |
| 2) Rocky Mountain Spotted Fever | b) Mosquitoes |
| 3) Plague                       | c) Rabbits    |
| 4) Tularemia                    | d) Chickens   |
| 5) West Nile Virus              | e) Rodents    |
| 6) H5N1 (Avian) Flu             | f) Wild mice  |
| 7) Brucellosis                  | g) Cattle     |



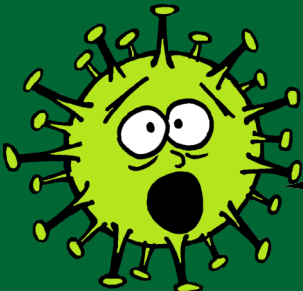
# So how does 4-H fit into the **One Health** idea?

Many 4-H activities involve working with animals and/or the environment, which makes you part of the **One Health Team!** There are many things we can do to help improve the health and safety of animals and the environment we all live in. The best thing we all can do is prevent diseases from spreading between animals and people. Here are some ways you can help:

- \* Learn how diseases are spread and ways to prevent it.
- \* Keep sick animals a**Way** from other **A**nimals and people.
- \* Keep your**S**elf and your animals **H**ealth**Y** though **gO**od **nU**trition, medical care and exe**R**cise.
- \* Do not feed or approach**H** wild anim**A**ls. Keep wild a**N**imals wild.
- \* Con**S**ult y**O**ur veterinarian i**F** your animal is sick.
- \* Keep **T**he environment clean – prop**E**rly dispose of a**N**imal waste.
- \* Become One Health Advocates – help us spread the word about One Health!

Decode the **secret message** . Place the **GOLD** letters above in the spaces below.

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ !



**NO! ANYTHING  
BUT THAT!!**

## Zoonosis Word Search



ONEHEALTHNPPBQA  
YRZRCEGALACAYOZ  
FTNEGFNVJIQRGDQ  
HZARHIIIRGAOIY  
WUETMNGREATSTQJ  
BMMAISEURNCIYAI  
EALAXBTS EIGTVIB  
USC NNAAMXRVEHMQ  
ORUTQSNHAEYFXHZ  
CWVSEOSBKTVDUTK  
PWQWRRESAESIDLF  
JFVIZHICOVYEH AO  
JV VUYSKALHCCIEU  
ZNFUNGUSTEPRHHH  
EHQYLQGFUNYIZJM

ANIMALS  
BACTERIA  
BAT  
PARASITE

DISEASE  
FAIR  
HEALTH  
PETS

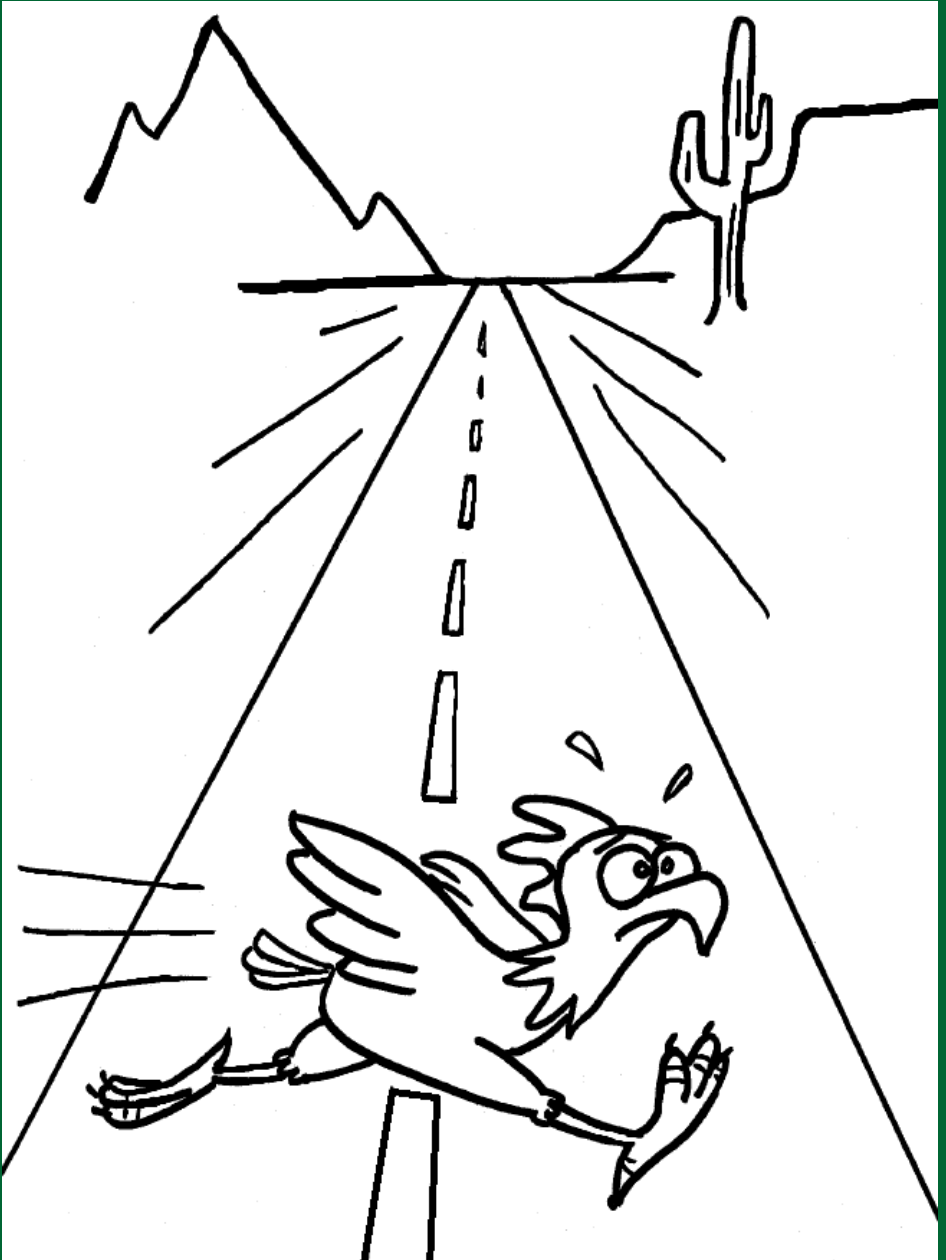
EMERGE  
FUNGUS  
HUMANS  
VETERINARIAN

ENVIRONMENT  
HABITAT  
ONEHEALTH  
VIRUS



Find all the  
hidden words!

# Caption Contest!



**Instructions:** Do you know why the chicken crossed the road? Draw and share your answers relevant to **One Health**.