

## What if I am bitten?

Don't panic! Immediately wash the area thoroughly and vigorously with soap and running water for 10 minutes.

### Seek medical attention without delay

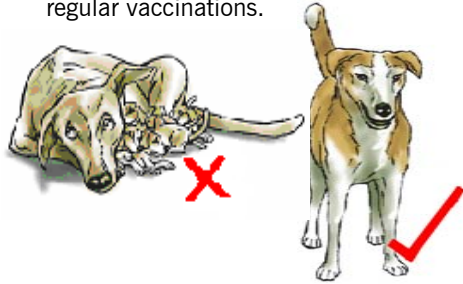
The wound needs to be treated properly and you may need Post Exposure Therapy. If this is carried out quickly enough, the infection can be stopped and rabies will be prevented.

If possible to do safely, isolate the dog in a contained space (or remember what the dog looks like). Report the bite to the authorities.

## Working together to bring an end to rabies...

### Vaccinate your dog or cat

When you get a dog or cat, immediately consult a veterinarian or public health official about anti-rabies vaccination. Remember, you will need to keep this up-to-date by taking your pet for regular vaccinations.



### Animal birth control

If you have a dog or cat, talk to a veterinarian about animal birth control measures to prevent unwanted puppies and kittens. Having your dog or cat neutered can also keep them healthier and better behaved.



### Don't allow your dog or cat to roam

If you let your pet roam free it will be more at risk from rabies. Always supervise dogs when they are outside.

### Supervise and educate children

Children are more likely to be bitten by dogs than adults, and many dog bites occur as a result of a child initiating an interaction with a dog.

This is why it is important that children are supervised and know how to behave around dogs. Visit [www.nahee.org](http://www.nahee.org) (National Association for Humane and Environmental Education) and [www.thebluedog.org](http://www.thebluedog.org) for education ideas.

This leaflet is based in part on 'How To Avoid Dog Bites': a publication of the Ministry of Health, Sri Lanka, and the Tsunami Animal-People Alliance.



# RABIES: What you need to know

## What is rabies?

Rabies is a disease caused by a virus that attacks an animal's brain and spinal cord. It is usually transmitted when an infected animal bites another animal or person. All mammals can be infected with rabies.

**It is estimated that more than 55,000 people die from rabies every year, mainly in Asia and Africa. Children are especially at risk from rabies.**

## But rabies is 100% preventable!

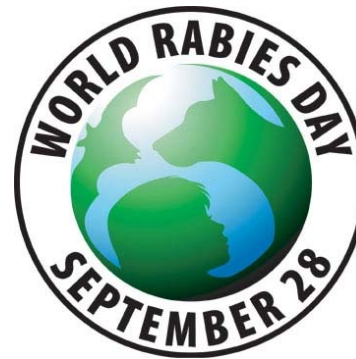
Effective rabies vaccines are available for people and animals.

If you are at a high risk of rabies, for example if you work with dogs, you should ensure you are regularly vaccinated against rabies.

Dog bites are the main vector of rabies in humans. Rabies can be eliminated from an area if enough dogs are vaccinated, making it a safer place for both humans and animals.



## 28<sup>th</sup> September is World Rabies Day



Despite rabies being preventable, every 10 minutes someone dies from this disease. The aim of World Rabies Day on 28<sup>th</sup> September is to raise awareness all over the world about the impact of rabies and how we can work together to bring an end the disease once and for all.

**There are many events taking place all over the world on World Rabies Day – visit [www.worldrabiesday.org](http://www.worldrabiesday.org) to find out more.**

# Be sensitive and kind to dogs and protect yourself

## What are the signs of rabies in dogs?

A dog that has rabies may look fearful or aggressive. It may be salivating too much and finding it hard to swallow. Dogs with rabies may also be staggering or having seizures.

**But...** dogs may have rabies and not show any outward signs at all.

## How can I avoid getting bitten?

Never disturb a dog that is eating, sleeping or caring for puppies. Dogs may bite if startled or frightened. Do not throw sticks or stones at a dog.



Do not get close to a dog which is tied, or behind a fence.



Do not get close to small puppies- the mother may bite to protect her puppies.



Do not run or move quickly near dogs!

Do not look a dog straight in the eye!



If a nervous dog gets close to you...

Freeze! Look only at the ground...  
Walk backwards very slowly...

Do not turn and run!



If a growling dog gets close to you, stand still with your hands at your side.

Allow the dog to sniff you and it will usually go away.



If a dog attacks, assume the position of a rock.

Curl into a ball and protect your face.

