

# Keep your pet safe

My exercise guide to fight rabies

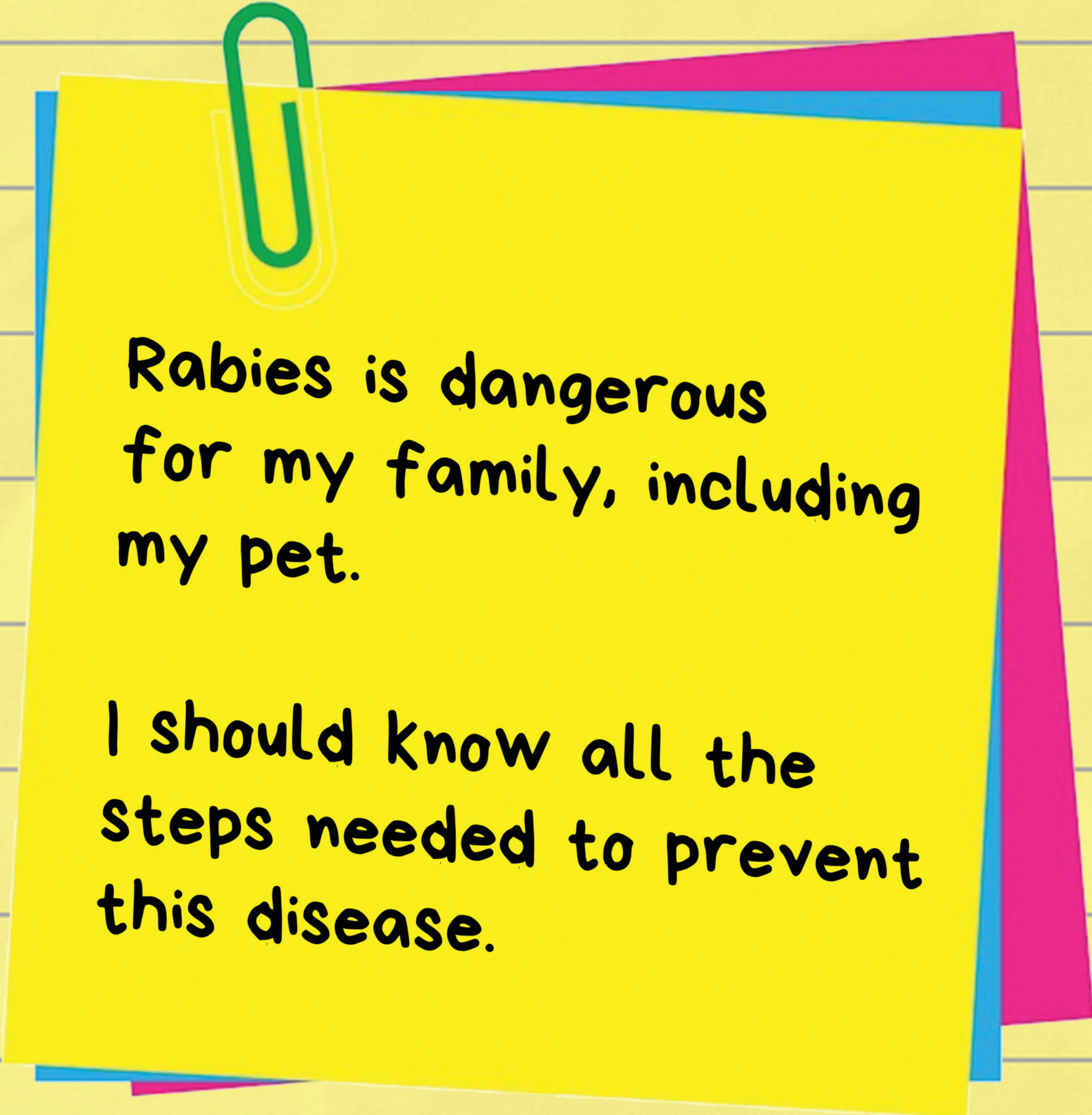
This activity book is owned by:

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Rabies is dangerous  
for my family, including  
my pet.

I should know all the  
steps needed to prevent  
this disease.



## **For the Teacher/Parent:**

Rabies is a deadly disease caused by a virus. It is usually transmitted by animals to humans through the bite of dogs and cats infected with rabies. Other routes of transmission are through introduction of rabies-infected saliva into fresh wounds, scratches and body parts with mucous membranes such as the nose, eyes and mouth.

Children are particularly at risk because of their size and activities. Rabies cannot be treated but it is 100% preventable, by vaccinating dogs and cats against rabies at three months of age and every year thereafter.

If bitten by a dog or cat, the following should be done:

1. Wash the wound immediately with soap and running water for 15 minutes.
2. Apply iodine or an antiseptic if available.
3. Go to the nearest doctor or clinic.



# 10 Essential Things You Should Know about Rabies



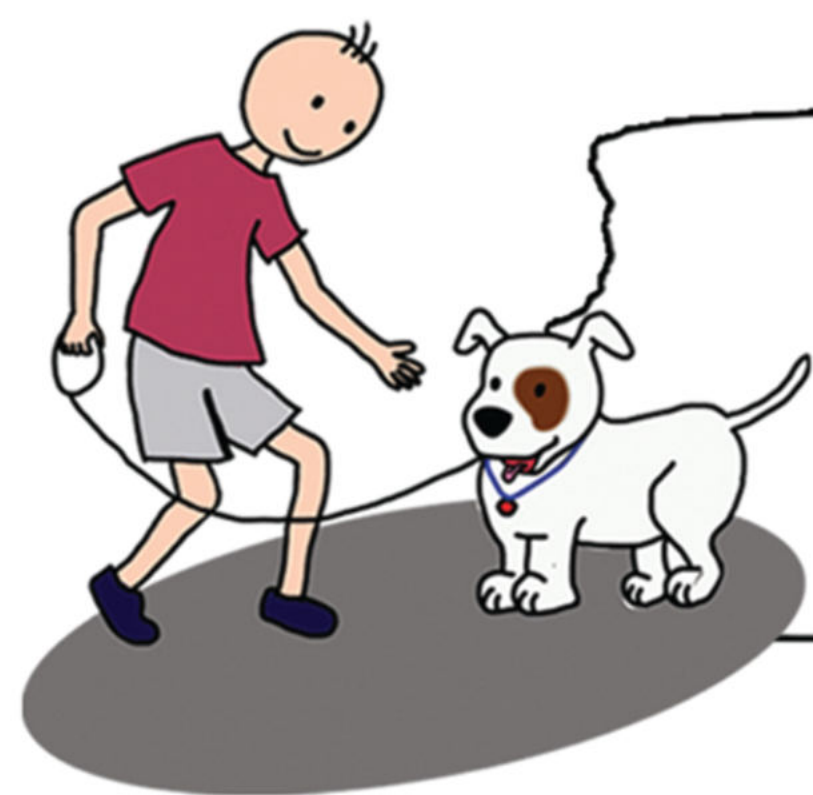
1. Vaccinate your dogs and cats against rabies every year.

2. Take good care of your pets. Give them enough food, exercise, companionship and a safe place to stay. Don't keep them tied up all the time.



3. Do not let your pet dogs and cats roam freely in the streets and other public places.

4. Do not mistreat dogs and cats. Do not kick them, pull their tails or throw stones at them.



5. Stay away from stray dogs and cats. Do not bother your pet dogs and cats when they are sleeping, eating or feeding their young.

6. If bitten, wash the wound immediately with soap and running water.



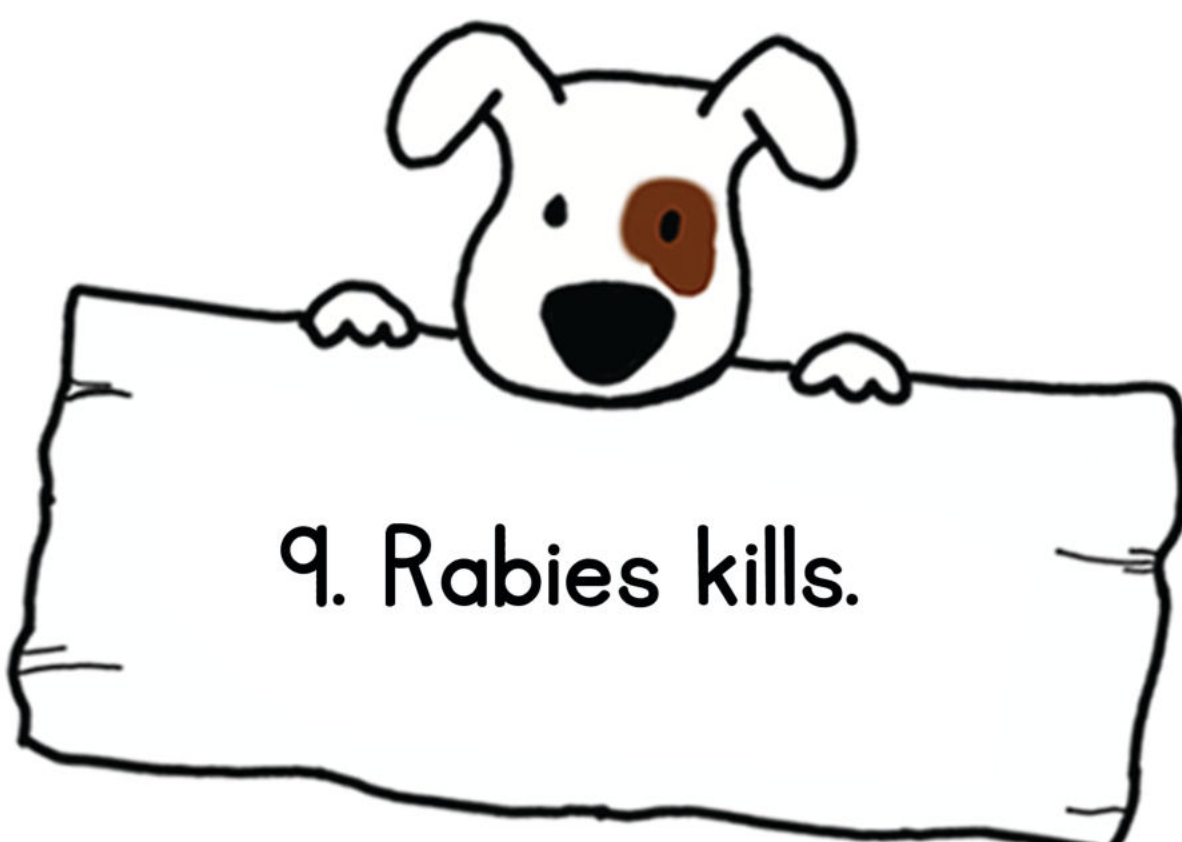
7. Immediately tell an adult (parent, teacher, guardian) about the bite and ask them to take you to a clinic or doctor.



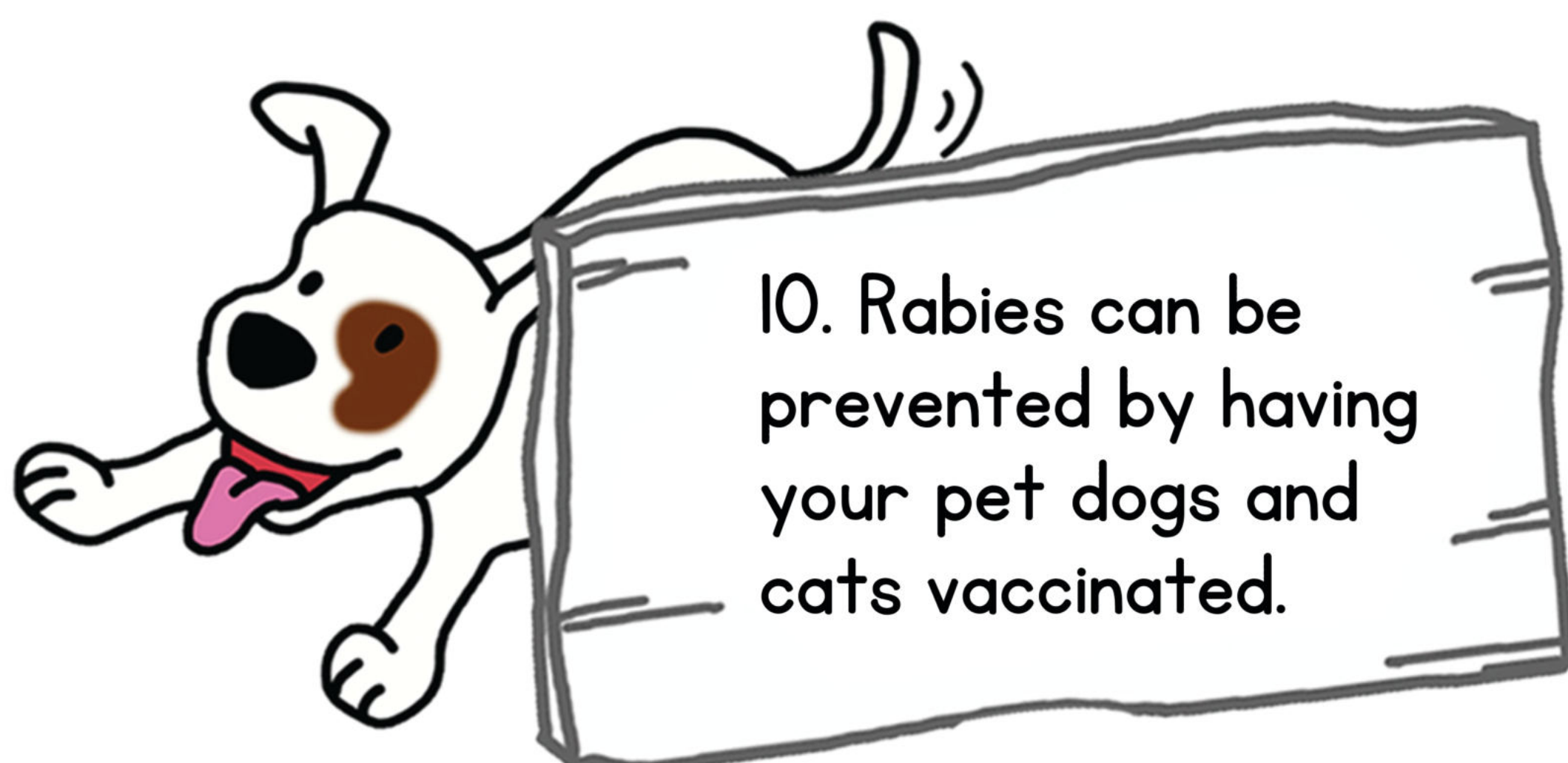
8. Remember that people can get rabies from the saliva (from a bite or scratch) of a rabid dog or cat.



9. Rabies kills.

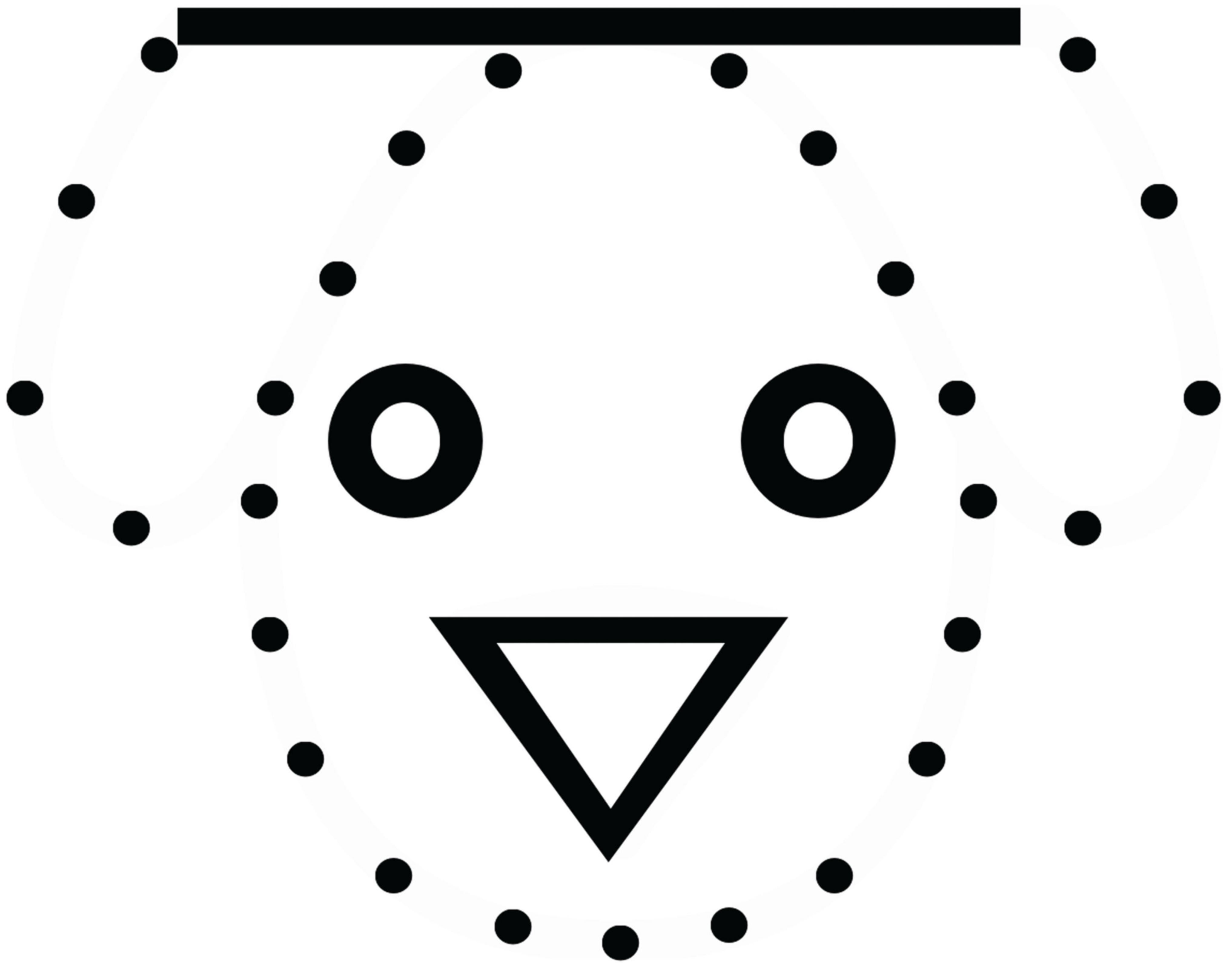


10. Rabies can be prevented by having your pet dogs and cats vaccinated.





# Know your pet



## Activity I

Connect the dots to form a picture of an animal. You can also color the picture formed.

The animal in the picture is the animal that most commonly transmits rabies to humans.



# Animals and Rabies



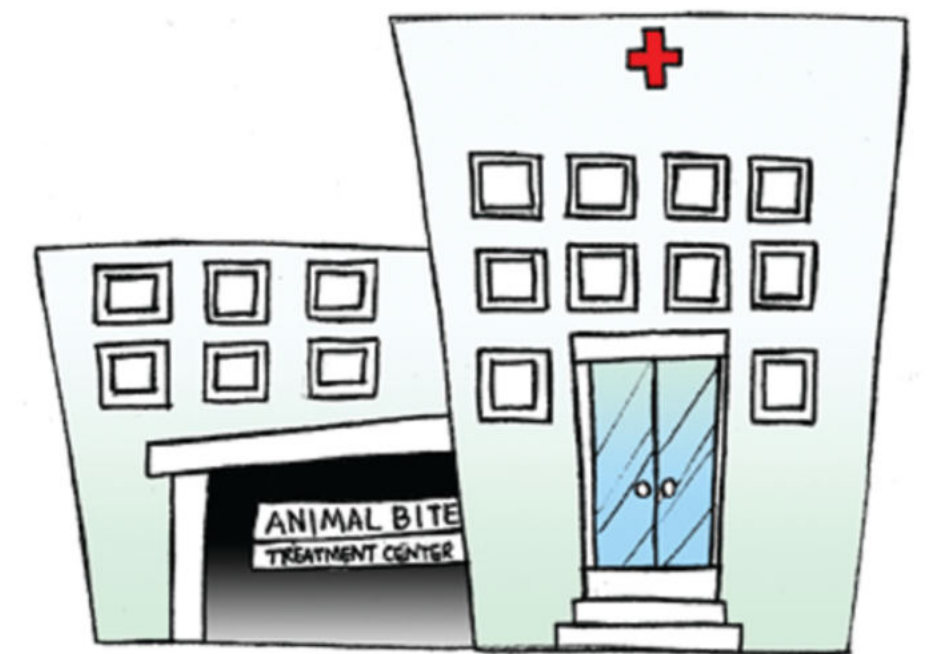
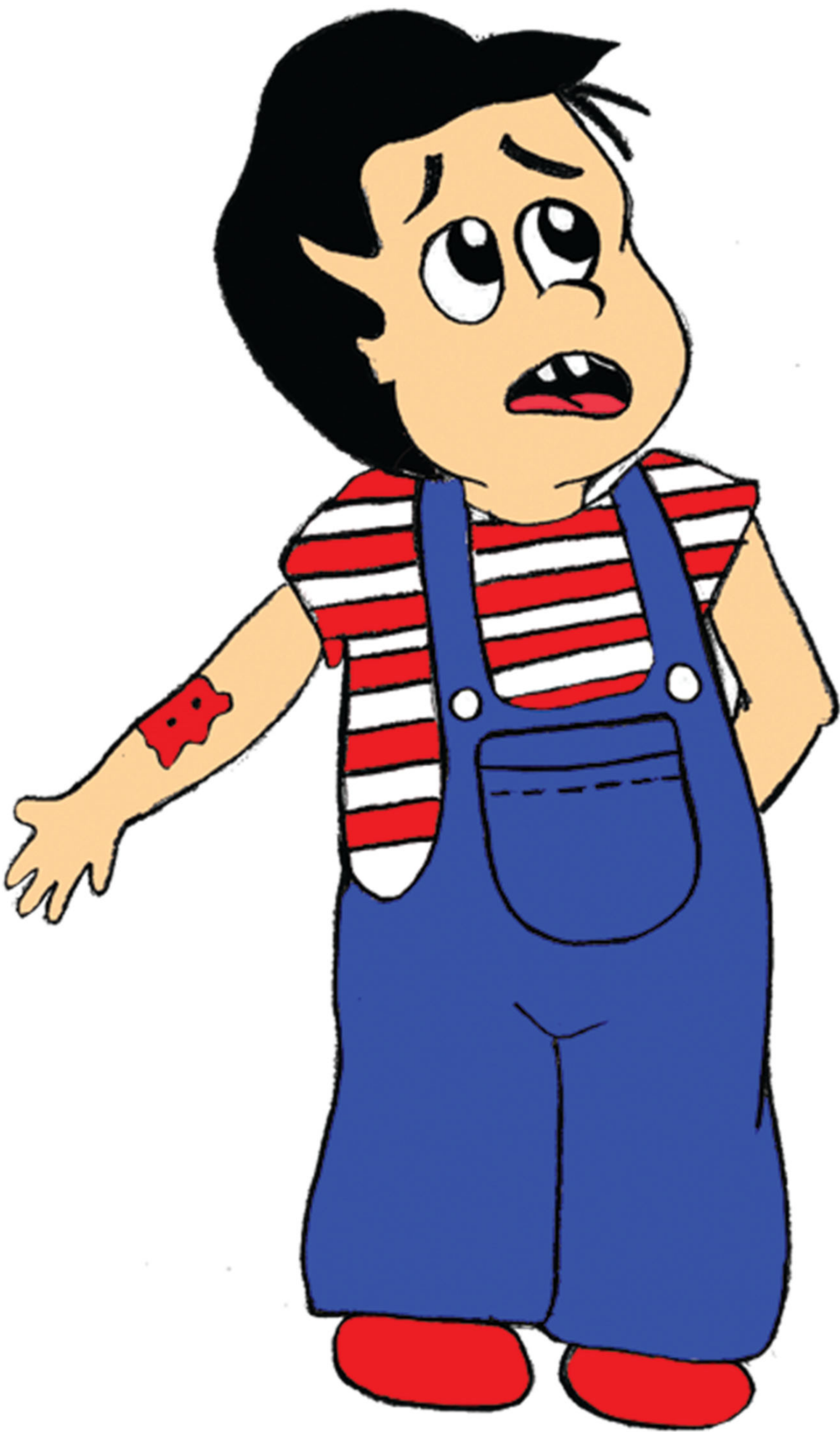
Rabies is caused by a virus transmitted to humans by rabies-infected animals

## Activity 2

Identify and circle the animals that can be infected by rabies



# Vaccinate Against Rabies!



## Activity 3

Dennis was playing outside the house when he was bitten by his pet dog. Help Dennis find his way to the hospital to treat his wound. Trace the line to the hospital.

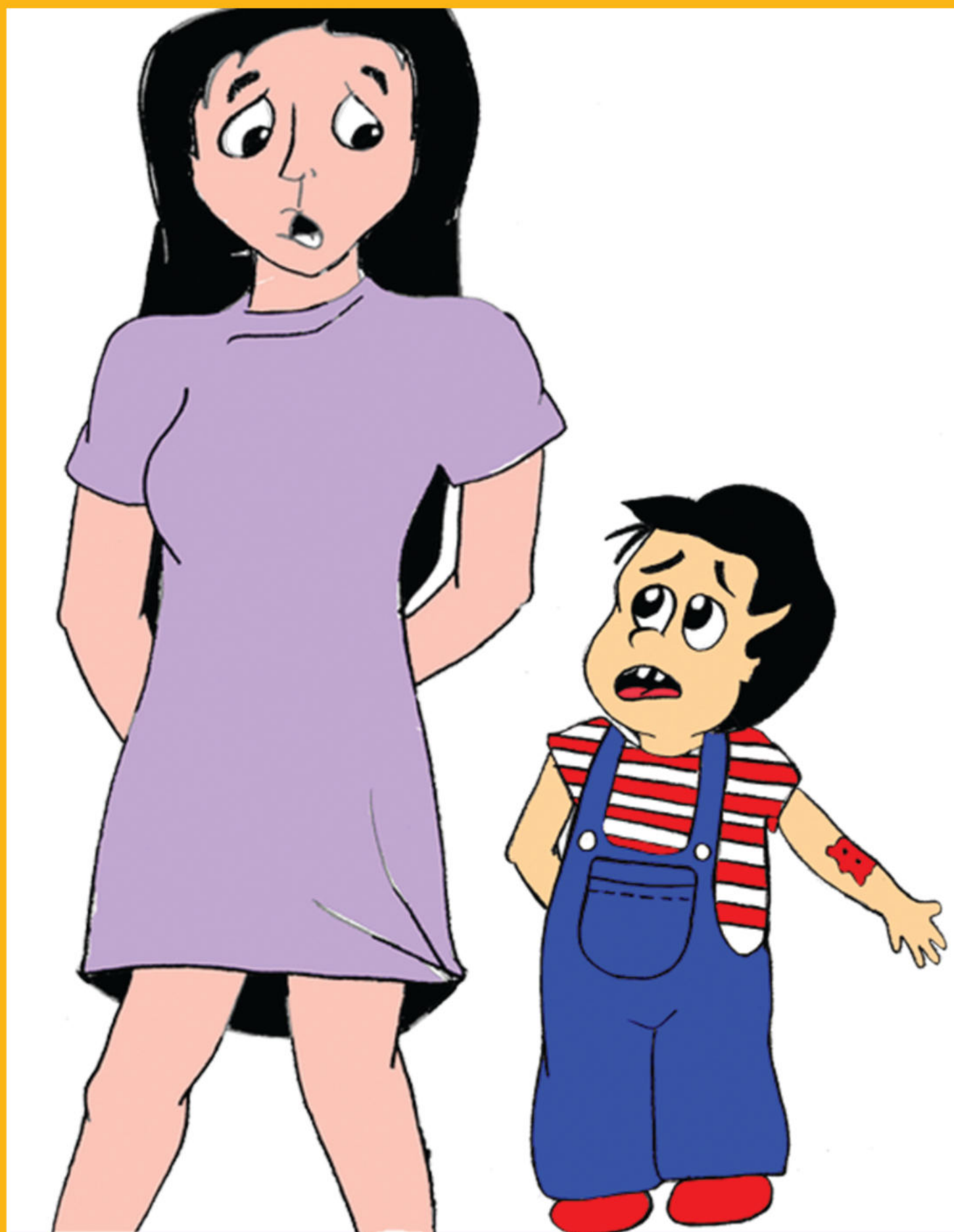


# First Aid for Animal Bites

## Activity 4

What steps should you take if bitten by your pet dog?

Number them in order



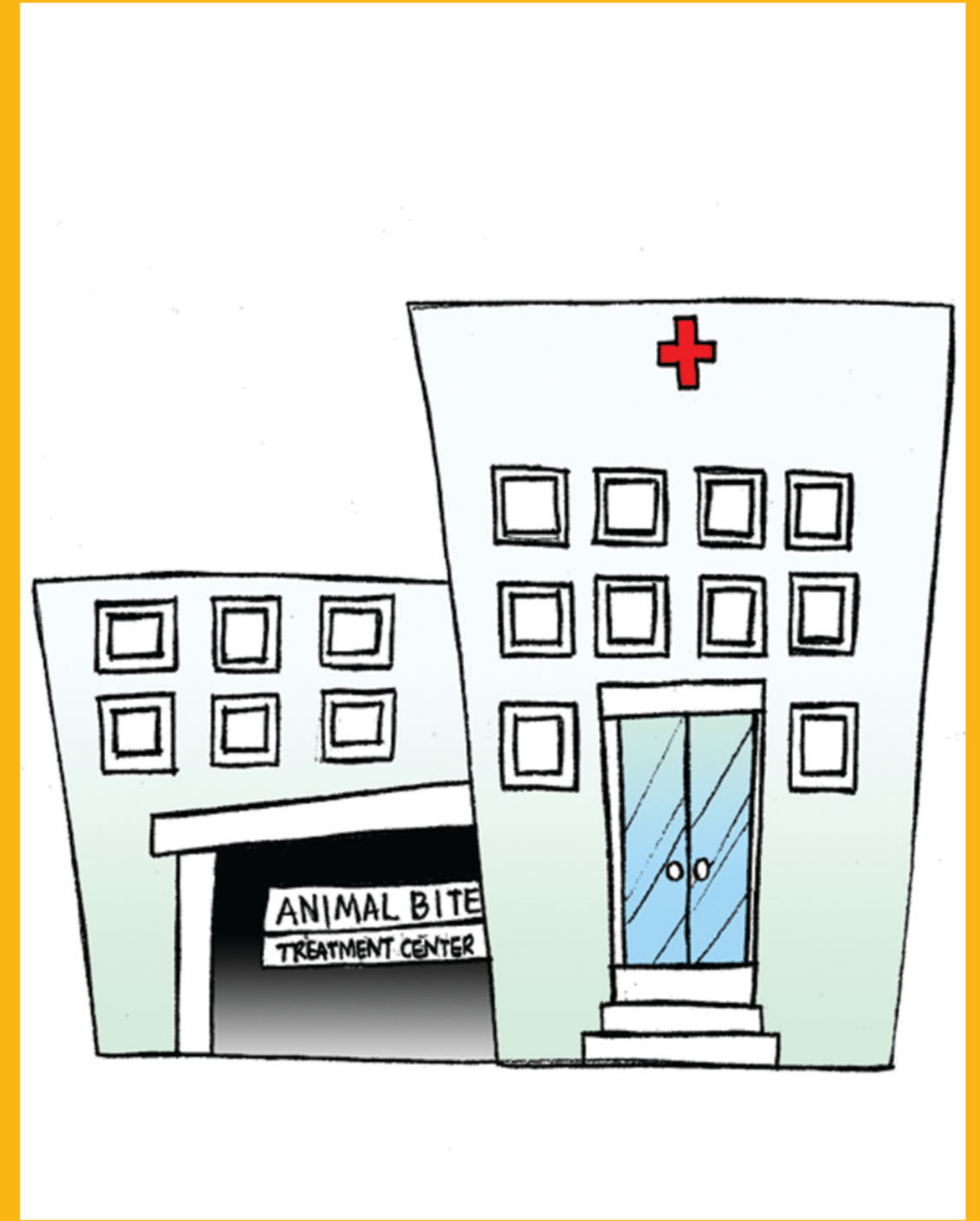
Tell your parents that  
you were bitten

\_\_\_\_\_



Wash with soap  
and running water

\_\_\_\_\_



Go to the hospital  
to treat the bite

\_\_\_\_\_





# Take good care of your dog

## Activity 5

Put a tickmark  in the box if the picture shows proper care of a pet dog

Put a cross  in the box if the picture shows poor care of a pet dog

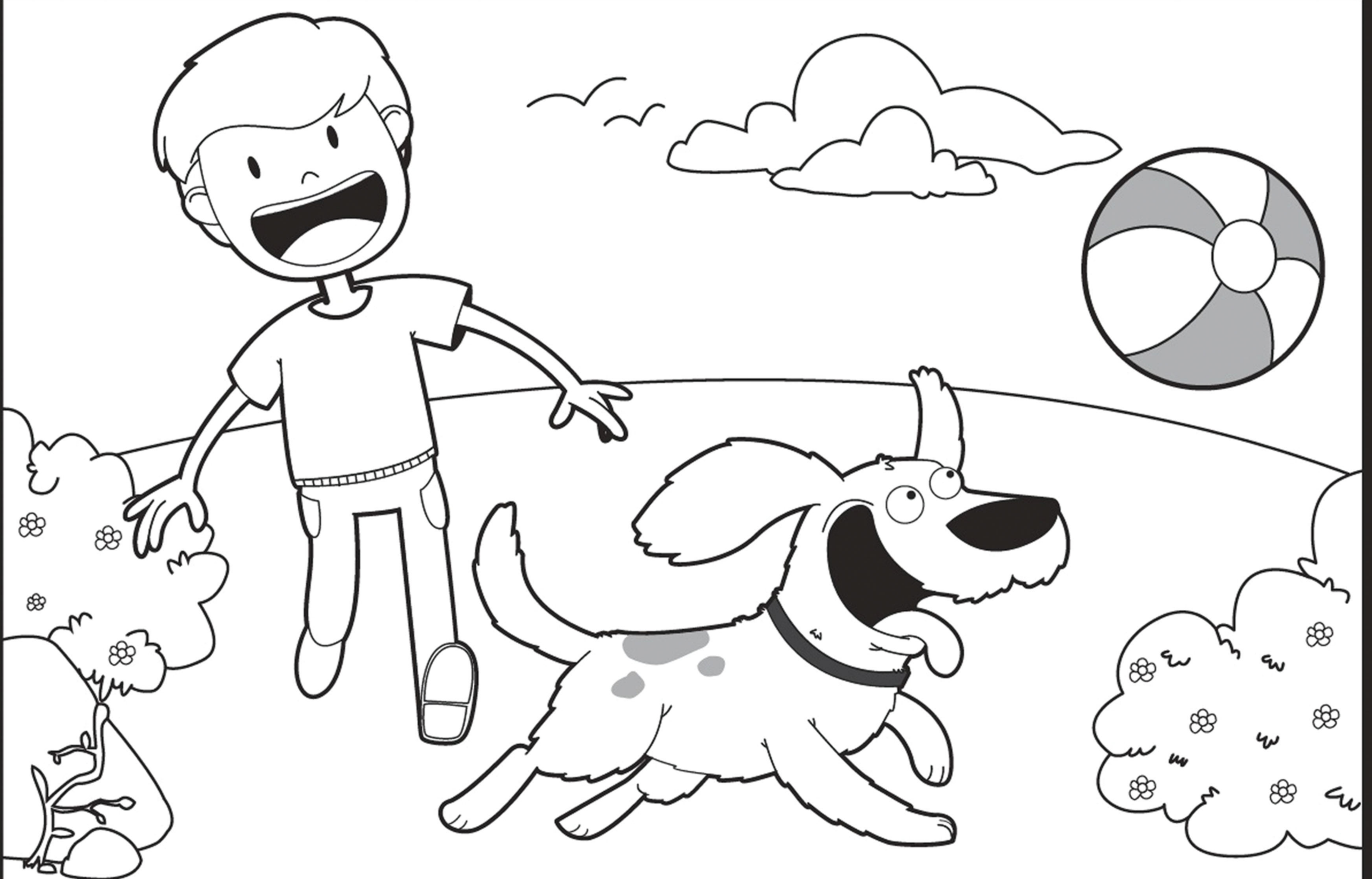
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# Color the picture

Jeff and his pet dog Bantay are happily playing in the playground.

Do you also play with your pets?

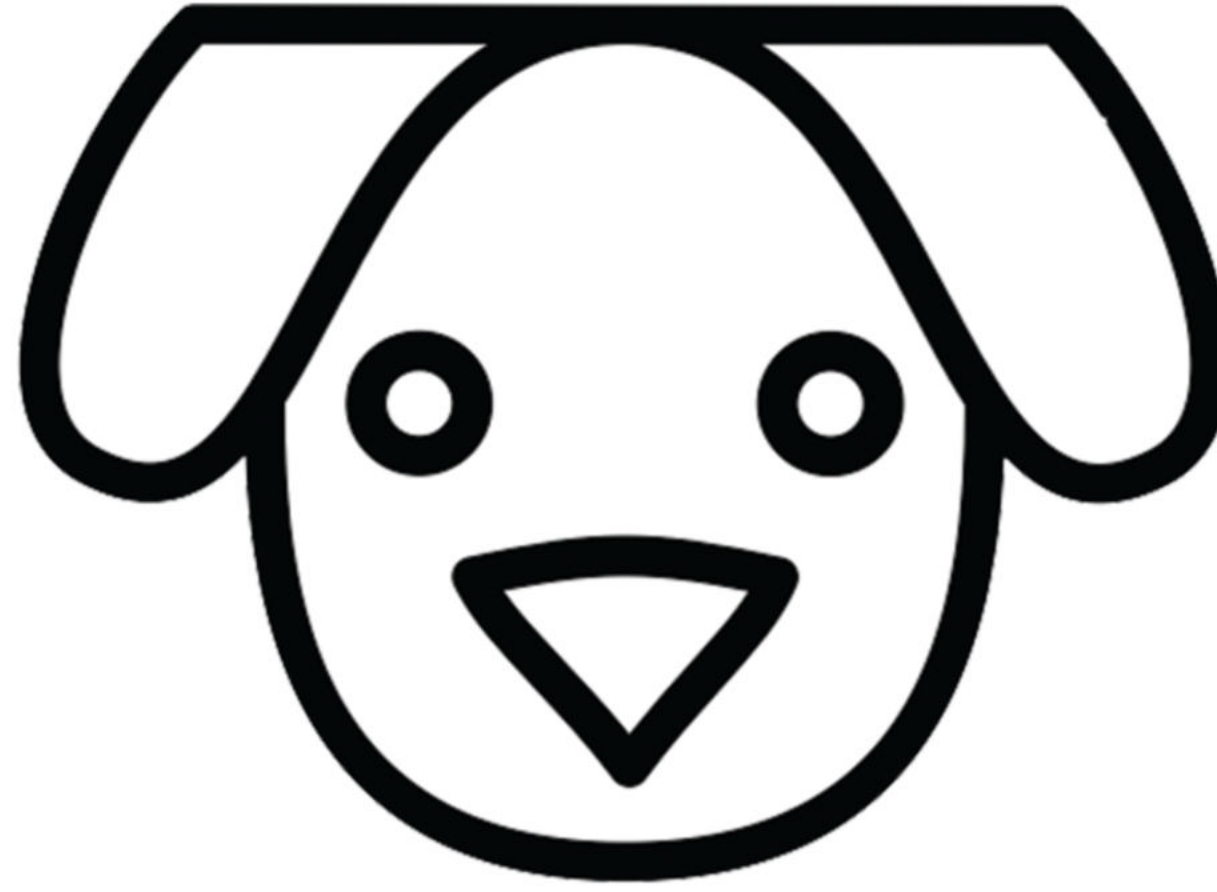


Source: Want a Friend? Be a Friend! The Guide to Pet Care and Bite Prevention. Retrieved from: <https://rabiesalliance.org/node/402>



# Answers

## Activity 1



## Activity 2

### Animals and Rabies

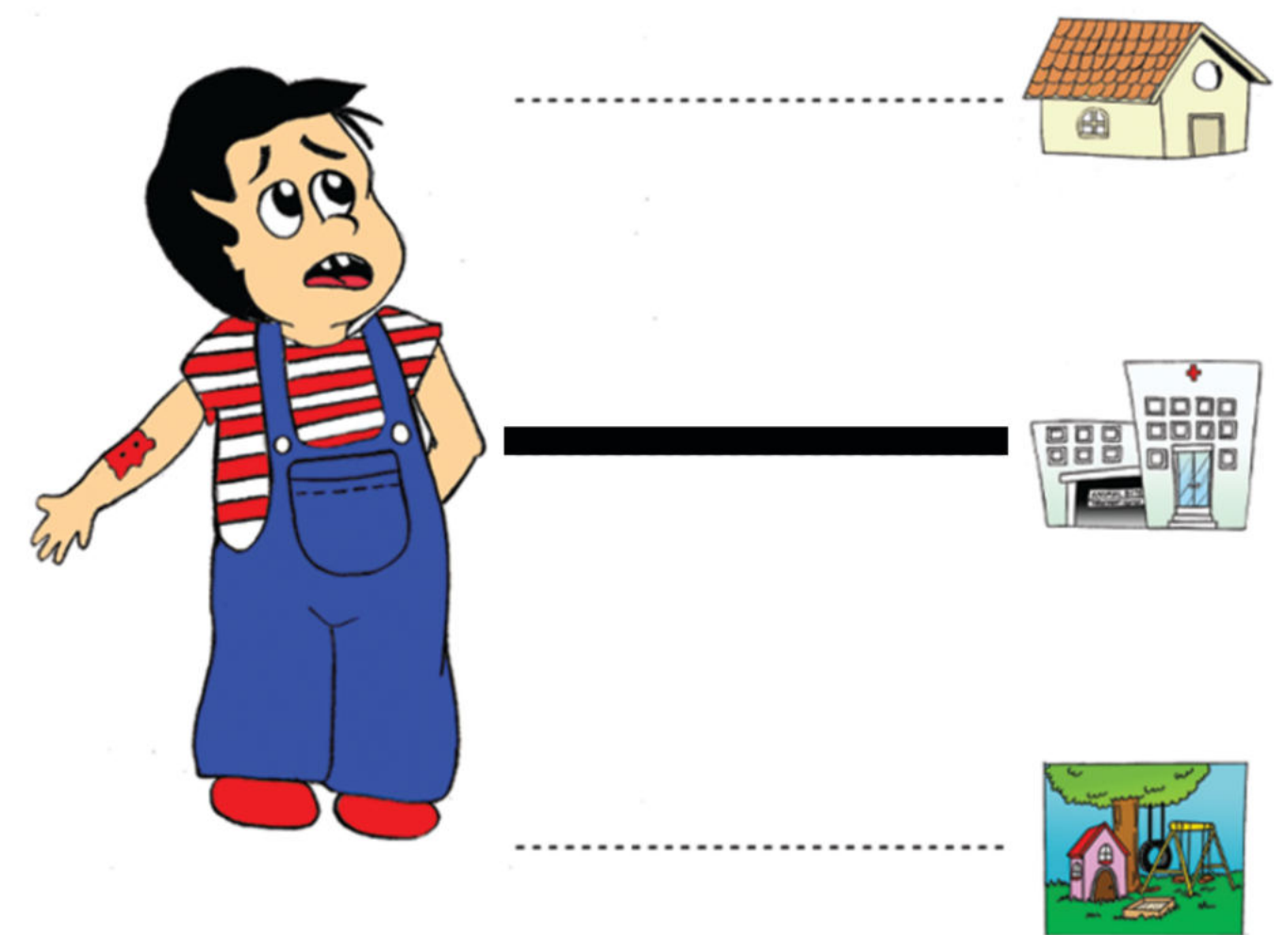


Rabies is caused by a virus transmitted to humans by rabies-infected animals

**Activity** Identify and circle the animals that can be infected by rabies

## Activity 3

### Vaccinate Against Rabies!



Dennis was playing outside the house when he was bitten by his pet dog. Help Dennis find his way to the hospital to treat his wound. Trace the line to the hospital.

## Activity 4

### First Aid for Animal Bites

#### Activity

What steps should you take if bitten by your pet dog?  
Number them in order



Tell your parents that you were bitten

1



Wash with soap and running water

2



Go to the hospital for to treat the bit

3



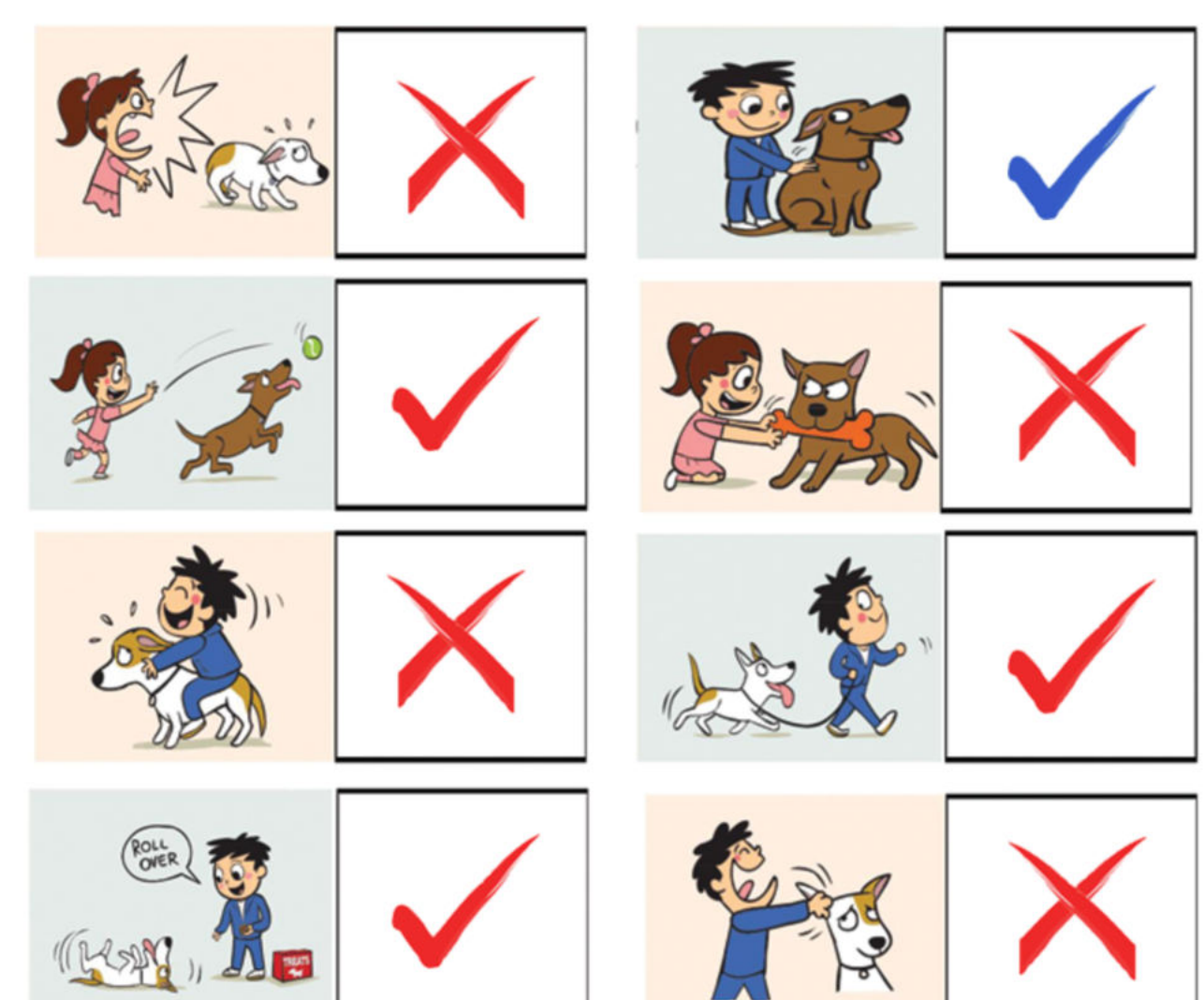
## Activity 5

### Take good care of your dog

#### Activity

Put a tickmark ✓ in the box if the picture shows proper care of a pet dog

Put a cross ✗ in the box if the picture shows poor care of a pet dog





The GARC, Rabies Alliance is a non-profit organization that works to eliminate human and animal deaths from dog rabies.

This book is published by GARC in partnership with the UBS Optimus Foundation, to increase awareness in the community to prevent rabies deaths.

For additional information, please visit the GARC website:  
[www.rabiesalliance.org](http://www.rabiesalliance.org)

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