

# World Zoonoses Day: Changing our relationship with animals to avoid another pandemic

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Article by

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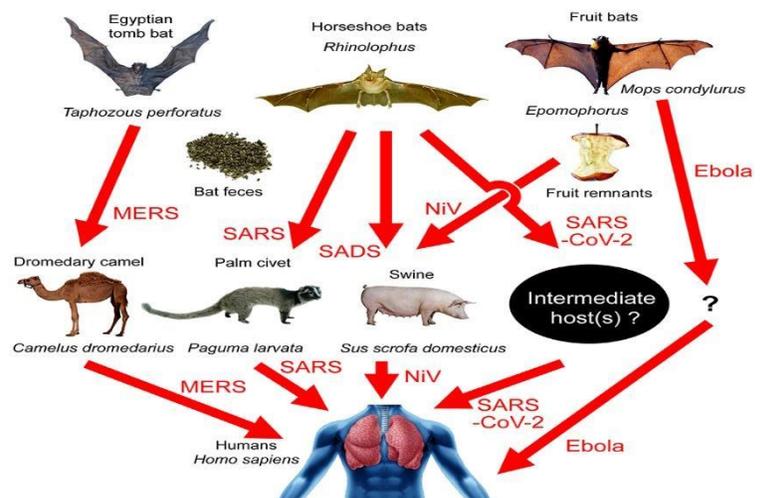
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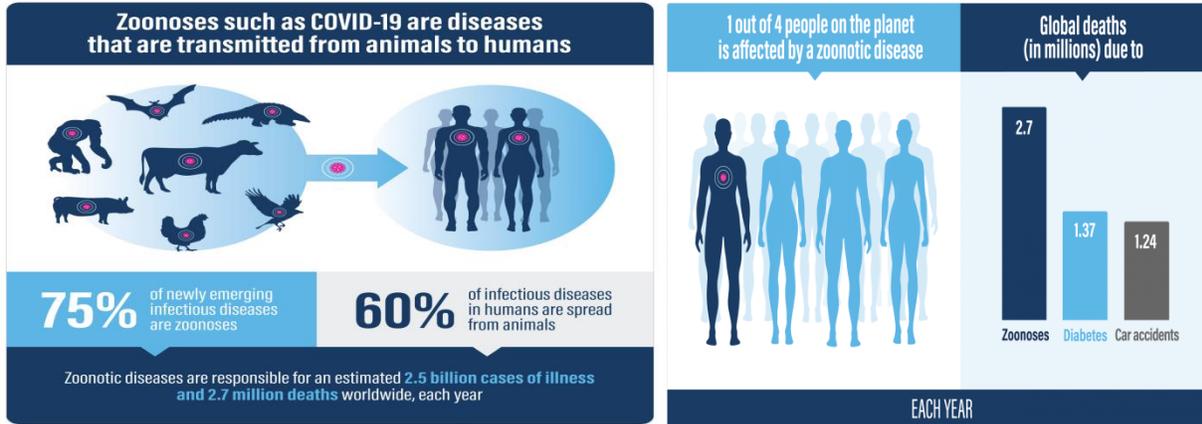
The World Zoonoses Day (July 6) is significant in light of the novel coronavirus illness (COVID-19) pandemic, which is thought to have started in bats and spread to humans via pangolins. The day honors Louis Pasteur, who successfully provided the first vaccine against the zoonotic disease Rabies on July 6, 1885. The purpose of the theme day is to raise awareness about the dangers of zoonotic illnesses.

Zoonosis is an infectious disease caused by a pathogen that started in animals and then spread to humans either directly or indirectly through another species. As a result, animals have played a critical role in the maintenance of zoonotic infections in nature, whether they are bacterial, viral, or parasitic.

One such reality afflicting the world today is the COVID-19 sickness caused by the SARS-CoV-2 virus.

Humans share this planet with amazing animal and plant species, creating a problematic interactive network. Diseases that adversely affect the adaptability of the environment or organisms adversely affect the harmonious functioning of their interactions; Hence, human fitness depends on the fitness of the organisms with which we interact and the environment in which we all live.





High densities of genetically identical breeds (for example, chickens, pigs, cows, and fish) bred for production, cramped living circumstances, and a lack of focus on animal husbandry operate as hotspots for infection, allowing germs or viruses to grow and spread.

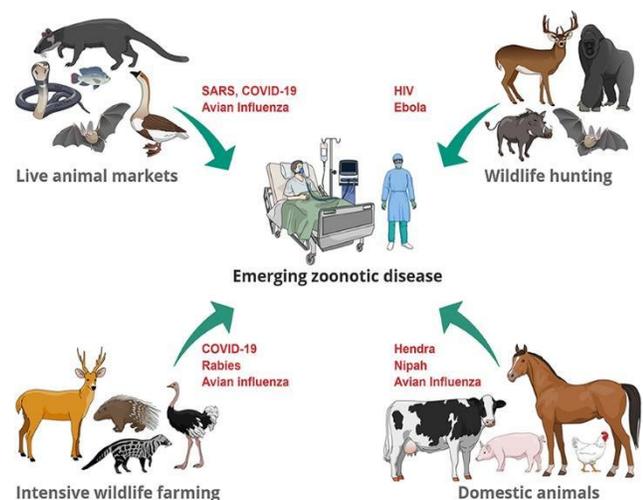
In such situations, chemicals or pharmaceuticals such as antibiotics are routinely used to prevent infections and serve as a substitute for hygienic practises.

In addition to the aforementioned considerations, factors such as increasing population, worldwide traffic in exotic animals, and loss of natural wildlife habitats due to deforestation for urbanization or agriculture have accelerated disease spillover from animals to people.

### HOW IT SPREADS FROM ANIMALS TO HUMANS?

According to the Center for Disease Control and Prevention, animals play a significant role in the spread of zoonotic illnesses, accounting for 75% of new or emerging diseases (CDC). When people come into contact with animals, eat meat, or use animal products, they can become infected. The disease can spread from pets to farm animals.

The increasing severity of COVID-19 is forcing us to reconsider how we can limit the possibility of new illnesses being transmitted from animals to people. One approach would be to alter our interactions and relationships with animals. Another option is to modify the way we grow food.



The demand side interventions include increased consumer awareness and advocacy of voluntary behavior change, as well as possibilities for increasing the cost of purchasing or consuming high-risk items. The right enablers, such as capacity, resources, legislation, and regulations, will be required to implement these techniques.

Given the connections between intensive food-animal husbandry, zoonotic infections, and pandemics, we must carefully reconsider our relationship with food. With chemicals such as antibiotics and pesticides being used in intensive farming practises of food-animals and even

crops, we must examine how the food we eat is produced and the effects it may have on the producer.

Reducing reliance on intensive systems and exploring more sustainable food production systems will not only help to prevent the spread of zoonotic illnesses, but will also help to protect human health and the environment.

### **How can zoonotic diseases be avoided?**

- Hand hygiene is achieved by washing hands with soap and water.
- Clothing that protects against mosquito, tick, and flea bites
- Safely store and handle food, as well as correctly cook it
- Animal bites and scratches should be avoided.
- Cover children's sandboxes when they're not in use.
- Always wear gloves when gardening.

The concept of One Health refers to the collaboration of multiple practises on a local, national, and global scale to help people, animals, and the environment achieve optimal health. The One Health Triad is made up of three elements: people, animals, and the environment.

The One Health Triad depicts how human, animal, and environmental health is all interconnected. Because One Health is a global concept, it is easier to progress health care in the twenty-first century. When this notion is appropriately applied and suggested, it can help to protect and save the lives of current and future generations of people, animals, and the environment.

