Zonies
Z-mag for Arizona 4-H’ers
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.
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

Answers: 1) f  2) a  3) e  4) c  5) b  6) d  7) g
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 away from other animals and people.
* Keep your self and your animals healthy through good nutrition, medical care and exercise.
* Do not feed or approach wild animals. Keep wild animals wild.
* Consult your veterinarian if your animal is sick.
* Keep the environment clean – properly dispose of animal 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.

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NO! ANYTHING BUT THAT!!
Zoonosis
Word Search

Find all the hidden words!

ANIMALS  BACTERIA  DISEASE  FAIR  EMERGE
BAT  HEALTH  FUNGUS  HUMANS  ENVIRONMENT
PARASITE  PETS  VETERINARIAN  HABITAT

Find all the hidden words!
Instructions: Do you know why the chicken crossed the road? Draw and share your answers relevant to One Health.