

These are some of the signs you may see on your visit. Please be familiar with their meaning and take notice of the message they are telling you.



Hand Washing Reminder

These signs are reminders or prompts to wash your hands and you will see these on walls, near cafes or eating areas.



Hand Washing Warning

These signs are warnings to wash your hands and you will see them before entering cafe's and eating areas and before you exit the farm.



Hand Washing Area

These signs are placed on or near the hand washing areas.



Federation of
City Farms
& Community
Gardens

The GreenHouse, Hereford Street,
Bristol BS3 4NA

Tel: 0117 9331800
email admin@farmgarden.org.uk
www.farmgarden.org.uk

Reg. Charity No. 294494

Registered in England No: 2011023

Welcome to our Farm

Enjoying your visit and
staying safe



Federation of
City Farms
& Community
Gardens



LOTTERY FUNDED



Enjoying your visit and staying safe

Visiting a farm can be an enjoyable experience for everyone.

However, such visits can never be free from all risks. Farm animals, even those that look clean, carry infections that can be harmful to people.

The bacterial infection *Escherichia coli* (known as *E.coli*) is a particular health risk, especially for children under five.

When an animal is infected with *E.coli* the bacteria will be in the animal's droppings and will be on the animal's body, fences and surfaces around the farm. Touching animals, fences and other surfaces can thus lead to infection, as you may pick up this bacteria and accidentally pass them to your mouth. It only takes a small number of *E.coli* bacteria to cause infection.

Washing your hands thoroughly with soap and water immediately after you have had contact with animals will reduce the risk of infection.

You will see signs and posters around the farm reminding you to wash your hands. Please ensure that you are familiar with these signs and what they mean. Please also ensure that you know where the hand washing facilities are.

What to do when visiting a farm

Following the simple rules listed below will help to keep you and your children safe from *E. coli* and other infections that may be found on farms. Pregnant women need to take extra care.

Do Not's

- **Do not use gels or wipes instead of washing hands with soap and water. Gels and wipes do not remove *E. coli* that is in dirt.**
- Do not put hands on faces or fingers in mouths while touching animals or walking round the farm
- Do not kiss farm animals nor allow children to put their faces close to animals
- Do not eat or drink while touching animals or walking round the farm. This includes not eating sweets, crisps or chewing gum.
- Do not eat anything that has fallen on the floor.

Do's

- Do wash your hands thoroughly with soap and water after you have touched animals, fences or other surfaces in animal areas.
- Do wash your hands thoroughly with soap and water before eating or drinking.

- Do wash your hands thoroughly with soap and water after removing dirty shoes or boots that have been worn on the farm.
- Do supervise children and vulnerable adults in your care closely to ensure that they wash their hands thoroughly.
- Do eat and drink in picnic areas or cafes only.

Carers and Parents: you must ensure that the children/people in your care wash their hands thoroughly.

What should I do if I feel unwell after a farm visit?

If you or anyone in your group has sickness or diarrhoea within two weeks of visiting a farm, contact your GP or call NHS Direct on 0845 4647 as soon as possible. If you or anyone in your group, particularly a young child, has bloody diarrhoea, seek immediate emergency medical attention.

Children under five should not attend school/nursery/group childcare until they have been free of sickness or diarrhoea for two days. Tests may be required to confirm that a child is free from infection.

Parents should confirm with their health professional whether it is safe for them to return before the child returns to school or nursery.