



I get vaccinated according to guidelines



I wash my hands often during the day with soap and water



I have useful microbes in my digestive tract that help keep me healthy



I have a vaccination record



My immune system fights off most common infections



When I take a walk in the forest, I check my skin and my hair for ticks



I'm getting vaccinated



I have a balanced diet with plenty of fruit and vegetables



I brush my teeth





If my doctor
prescribes
antibiotics, I finish
the treatment
prescribed to me



I never take
antibiotics
from a previous
treatment



I don't feed
my pet while
I'm cooking
or eating




If I get sick, I only
take antibiotics if
my doctor
prescribes them



I will return
any leftover
antibiotics to
my pharmacy





I have my pet vaccinated according to the vaccine schedule of its species



I wash my pet with suitable shampoos when it is dirty



My pet has useful microbes in their digestive tract that help keep them healthy



My pet has a vaccination certificate



My pet has immune defenses that fight most common infections



When I take a walk in the forest with my pet, I check their fur for ticks



I will vaccinate my pet



My pet has a balanced diet adapted to its species



I check the dental condition of my pet





If the vet prescribes
antibiotics to my pet,
I give them all the
prescribed course
of treatment



I deworm my
pet regularly



I never give
antibiotics from a
previous treatment
to my pet



I let my pet eat
its food in their
own bowl



If my pet gets sick,
I only give them
antibiotics if the vet
prescribes them



I will return
any leftover
antibiotics to
my vet

