



# DEAR TRAVELLER!

Please be aware that many animal diseases can be spread by human food. **You may also accidentally spread an animal disease. To avoid this:**



**DO NOT BRING BACK MEAT OR MEAT PRODUCTS, MILK OR DAIRY PRODUCTS (MEAT, MILK AND PRODUCE MADE FROM THESE) FROM YOUR TRAVELS**



**WHEN ABROAD, AVOID CONTACT WITH ANIMALS**



**WHEN YOU RETURN, WASH YOUR CLOTHES AND CLEAN YOUR FOOTWEAR**



**WHEN YOU RETURN FROM ABROAD AVOID ANY CONTACT WITH AGRICULTURAL ANIMALS FOR AT LEAST 48 HOURS**

This way you can help to ensure that **the dangerous animal disease will not enter Estonia** and Estonian animals will remain healthy!