

### What is a pandemic?

A pandemic is an epidemic that spreads over several countries and/or continents, affecting large populations.

### What is an epidemic?

An epidemic is a spike of a deadly disease with an abnormally-high rate of occurrence and/or transmission. Not only infectious diseases, like the Ebola virus, become epidemics. Currently, in the United States, diabetes and obesity - which are non-infectious diseases - are considered epidemics.

### Why are there so many epidemics?

Infectious disease epidemics are on the rise, primarily, because of the choices we make in our daily lives. Those choices impact a global food system that is **a breeding ground for zoonotic diseases because of our reliance on animals for food.**

### Is our US food system safe?

No. In order for meat to be safe to eat, animal agriculture requires a shocking amount of biohazard level of precautions, pharmaceuticals, cruel procedures, waste products and confinement. It is a system fraught with frequent problems, failures and breaches. There was recently an avian flu outbreak in SC in 2020, and Newcastle Disease spread through Southern California in the summer of 2019.

### Even our produce can be affected by animal agriculture.

Several e. Coli outbreaks in lettuce, cantaloupe and peanuts were linked to infected livestock feces used as manure or found in water run-off.

We are partnering organizations and people who want to share critical information about the relationship between pandemics and what we eat, how we treat animals and the environment and what we can do to make a healthier and safer world.

Our website shares links to articles and videos to better educate on what causes most pandemics and explain in more detail what zoonotic diseases are, as well as how a vegan diet helps reduce risk and mitigate incidents of pandemics, which are a growing concern for the future.

***"The science is clear that if we keep exploiting wildlife and destroying our ecosystems, then we can expect to see a steady stream of these diseases jumping from animals to humans in the years ahead."***

- Inger Andersen  
(Executive Director, The United Nations Environment Programme (UNEP))

With **global awareness, preparation, rapid response** and **choosing a vegan diet**, we can greatly reduce the likelihood and severity of another pandemic affecting our lives the way COVID-19 has. By understanding science, how our choices affect our environment, and better health awareness, it is possible to create a pandemic-free world for all.

You can learn more about our organizations by visiting:

[nyfarmanimalsave.org](https://nyfarmanimalsave.org)  
[instituteforanimalhappiness.com](https://instituteforanimalhappiness.com)



[pandemicfreeworld.com](https://pandemicfreeworld.com)

# LET'S BUILD A PANDEMIC- FREE WORLD

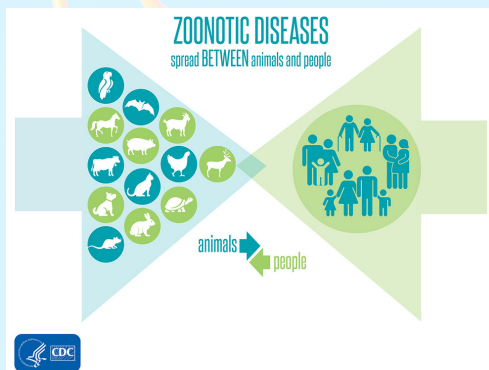
**You have the power  
to help reduce future  
pandemics**



For more information  
go to  
[pandemicfreeworld.com](https://pandemicfreeworld.com)



## What are Zoonotic Diseases?



Zoonotic diseases are illnesses, including viruses, caused by *germs that have mutated enough to jump from animals to humans*.

Examples of these mutated viruses are:

**COVID-19** - thought to have originated from wild animal meat sold at a wet market in Wuhan, China

**Lyme** -

**Common Flu** -

**Ebola**

**SARS** - thought to have originated in bats, then spread to civet cats

**HIV/AIDS** - thought to be a mutated version of a virus found in monkeys

**Swine Flu** - a mutated version of a flu virus thought to have originated in pigs

**Bird Flu/Avian Flu** - a mutated version of a flu virus found in birds

**MERS**

**Mad Cow Disease (Bovine Spongiform Encephalopathy)**

\* The above information is from the UK National Health Services website

Because these types of viruses are new to the human body, we have no defense against them. Our lack of immunity can result in an epidemic, which can surge into a pandemic.

**75% of new and emerging diseases are zoonotic**

**In a vegan world, we end the unconscionable suffering of billions of animals per year which is the basis of veganism.**

## Why Are There So Many Zoonotic Diseases?

By crowding and breeding “domesticated” animals together in large numbers, such as in animal agriculture, along with the widespread use of antibiotics to control disease, we create an environment where viruses easily spread and mutate. By destroying the natural habitats of wild animals for both animal agriculture and human settlements, we are bringing ourselves in close contact with viruses that humans previously had not been exposed to.

## Viral Mutations

Like all living things, **viruses are constantly changing and evolving**. A mutation is where the genetic information that's stored inside an organism changes.

## Our Choice is Clear

When we choose to **eat meat**, we are responsible for **rainforest destruction** to grow crops to feed farm animals. This leads to wildlife abandoning their natural habitat, which then leads to humans coming into contact with species we would never, otherwise, be exposed to. That exposure **can lead to zoonotic diseases entering the human population**.

In a **vegan world**, animals are left alone and we stop manipulating them, stop altering our entire biosphere and landscape in order to farm them and we stop eating them. This would lead to a **drastically reduced risk of zoonotic pandemics** (if any). There would be little-to-no Covid-19 virus risk. We can also feed the world's hungry by using land more wisely, and we will clean our water and air dramatically.

## How Do We Change?

- Recognize the very real and escalating crisis
- Follow the science; think and question
- Learn how our choices affect every aspect of life on this planet and cause pandemics
- Explore a plant-based diet

In his book, *2006 Bird Flu: A Virus of Our Own Hatching*, physician Dr. Michael Greger [drgreger.org] suggests that a shift away from animal agriculture and all animal meat, towards a plant-based diet could help create a safer and healthier food system and world.

If humans continue to choose an animal-based diet, we will forever be increasing our risk of contracting zoonotic diseases and experiencing pandemics like COVID-19.

## COVID-19

EBOLA VIRUS

SARS

SWINE FLU

MAD COW DISEASE

MERS VIRUS

AVIAN FLU

EVERY LISTERIA OUTBREAK

EVERY E-COLI OUTBREAK

**WOULD NOT EXIST IF WE DID NOT EAT ANIMALS**