

# Can We Prevent Future Pandemics?

*“It is our disregard for nature and our disrespect of the animals that has caused this pandemic.”*

— Jane Goodall



We don't yet know the full history of the emergence of COVID-19. But with other recent pandemic threats such as H1N1 (swine flu) or H5N1 (bird flu), there is no ambiguity: those viruses evolved on chicken and pig factory farms.

Destruction of ecosystems by deforestation and pollution also causes stress in animals and can lead to the same disastrous effect.

## Here's what **YOU** can do:

*“Everyone can make an impact every single day.”*

— Jane Goodall

- ✓ **Reduce your daily footprint on the environment.**  
Consume fewer products, start your own garden, avoid single-use plastics, drive and fly less often, switch to an electric vehicle, compost your food waste.
- ✓ **Find out where your food comes from.**  
Family farms are largely gone. Nearly all — 99% — of the meat, dairy, and eggs that we eat comes from concentrated animal feeding operations, or CAFOs. CAFOs cram tens of thousands of animals together in stressful, unsanitary conditions.
- ✓ **Eat more plants.**  
Plant-based diets are healthier for you, the animals, and the environment. Visit [ForksOverKnives.com](https://www.forksandknives.com) for info and recipes.
- ✓ **Ask your legislators to support the Farm System Reform Act of 2019 (S. 3221).**  
This bill would place a moratorium on CAFOs and phase out the largest of them by 2040. CAFOs make rural communities vulnerable to environmental hazards and threaten the economic prosperity of family farms.



▶ Visit [uuam.org](https://uuam.org) for more information.