<table>
<thead>
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<th>Five Freedoms</th>
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| 1. **Freedom from hunger and thirst**  
  by ready access to fresh water and diet to maintain health and vigor |
| 2. **Freedom from discomfort**  
  by providing an appropriate environment including shelter and a comfortable resting area. |
| 3. **Freedom from pain, injury or disease**  
  by prevention or rapid diagnosis and treatment |
| 4. **Freedom to express normal behavior**  
  by providing sufficient space, proper facilities and company of the animal’s own kind |
| 5. **Freedom from fear and distress**  
  by ensuring conditions and treatment which avoid mental suffering |