Five Freedoms

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

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