

## Animal Care and Use Program | Occupational Health and Safety

### Personal Hygiene

Good personal hygiene is important when working and caring for teaching and research animals. Here is a list of simple practices that will help you protect your health as well as the health of people around you.

- Eating, drinking, and smoking are prohibited in animal facilities except in designated break areas.
- Do not handle contact lenses, apply cosmetics, or take or apply medication in the animal rooms.
- Do not store food in animal rooms, refrigeration units containing research materials or labs where research is conducted. Food must be stored in designated areas that are labeled as such.
- Hands should be washed several times throughout your workday including the following times:
  - Beginning and end of the shift
  - Before entering and leaving animal rooms for any reason
  - After handling animals
  - After removing gloves
  - After completing an activity
  - After any possible contamination occurs
- Keep hands away from mouth, nose, and eyes to prevent cross contamination to mucous membranes
- Wear gloves, lab coats, masks, and any other required personal protective equipment (PPE)
- Remove all PPE before exiting animal room or laboratory. PPE should be disposed of or laundered at the facility and not taken home.
- Wear appropriate clothing under lab coats – clean clothes or provided uniform and closed toed shoes.
- Follow all training and facility policies.
- If you have any questions or are unsure how to properly perform an activity, ask your supervisor or PI.