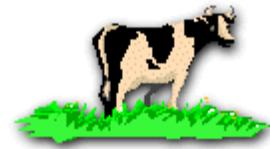


## Universal Precautions and Personal Hygiene

for  
VISITING RESEARCHERS, NON-UC DAVIS COLLABORATORS, VOLUNTEERS and  
STUDENTS



### Wash your hands.

The most common way to contract a zoonotic infection is by accidentally placing the infectious material directly in your mouth. Frequent and thorough hand washing is the best way to stop infection. The sooner you wash your hands after exposure, the less likely you are to spread infection.

#### When to Wash Your Hands

- Always wash your hands before and after eating, drinking, smoking, or using the restroom.
- Wash after working with the animals.
- Wash after touching an object or surface that is or may be contaminated.
- Wash as soon as you remove your gloves or other personal protective equipment (PPE).

#### How to Wash Your Hands

- Carefully remove gloves and other PPE before you wash.
- Turn on water. Wet your hands and use plenty of soap. Work up a good lather. Don't just wipe – rub well.
- Clean your whole hand, under your nails, between your fingers, and up your wrists. Wash for at least 10-15 seconds out of the water stream.
- Rinse your hands well. Let the water run off your fingertips, not your wrists.
- Use clean paper towels to dry your hands well. Use paper towels to turn off the faucet and open the door so you don't recontaminate your hands.

### Wear Protective Clothing.

Wear the protective clothing determined to be appropriate by your Principal Investigator or Instructor when you are working with animals. In some circumstances, protective clothing will consist of a lab coat; for others it may be a dedicated set of clothing. Protective clothing helps ensure that you won't bring potentially contaminated material home with you.

### Use Personal Protective Devices.

Some types of work require personal protective devices such as gloves, face shields, masks, respirators, etc. Always use the protective devices where required.

### Seek Medical Attention Promptly.

If you are injured, you must promptly report the accident to your Principal Investigator or Instructor, even if it seems relatively minor. **You will then report to Occupational Health (530 757-3200) or Cowell Student Health Center (530 752-2300) for evaluation of the injury.**

### Tell your physician you work with animals.

Whenever you're ill, even if you're not certain whether or not the illness is animal related, always mention to your physician that you have had animal contact. Many zoonotic diseases have flu-like symptoms, and your physician needs this information to make an accurate diagnosis.

### Get the Facts.

All persons using animals should review the particular hazards, precautions, and hazard evaluation procedures specific to the species with which you will have contact and procedures to be performed. If there is something you don't understand, ask your Principal Investigator or Instructor. They are responsible for teaching you what you need to know to work with the animals safely and effectively.

You should know **how to recognize hazard warning signs, how to protect yourself against each recognized hazard, and how to react properly in the event of emergencies.** Safety is everyone's business.