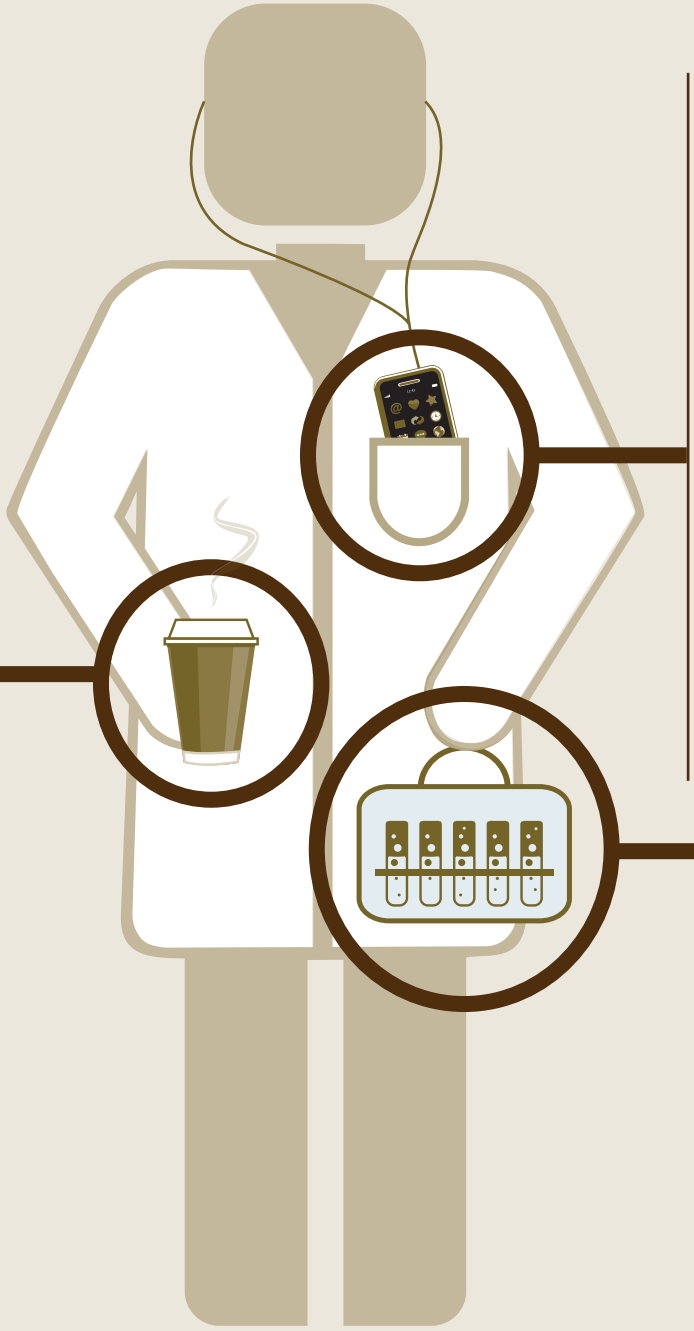
What You Work With Can Make You Sick

Follow safe lab practices—and don't bring germs home with you.

Always wash your hands with soap and water...

- Right after working in the lab
- Just before you leave the lab



Don't carry dangerous germs from the laboratory home with you.

Leave personal items outside of the lab so you don't contaminate them: cell phone, car keys, tablet or laptop, MP3 player

Keep work items off of bench areas where you do experiments: backpacks, notebooks, pencils, pens

Avoid contamination while in the lab.

Don't eat, drink, or put things in your mouth (such as gum)

Don't touch your mouth or eyes

Don't put on cosmetics (like lip balm) or handle your contact lenses

Leave lab supplies inside the lab.

If you must take supplies out of the lab, keep them in a separate bag so you don't contaminate anything else

Leave your experiment inside the lab so you can stay healthy outside the lab.

Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

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